340 RECIPES

for the new Waring Blendor

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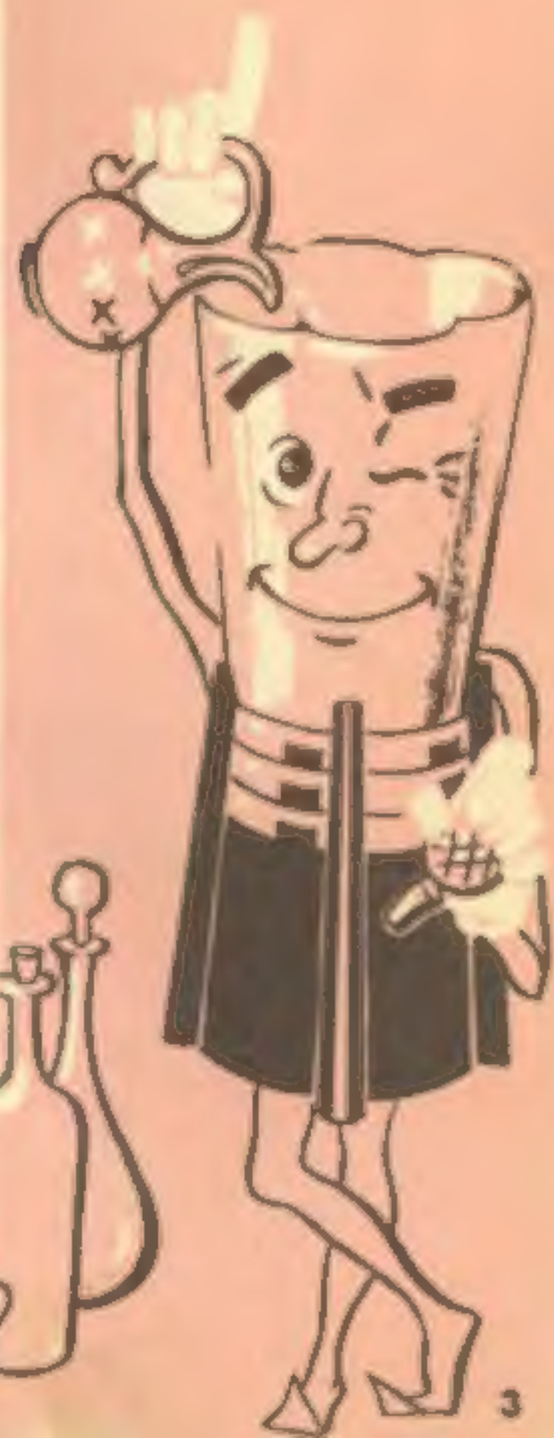
In using the above recipes, note that:

t—teaspoon
T—tablespoon

For best results use standard measuring cups and spoons and level measurements.



FRUIT NECTARS

Variety	Ingredients		DIRECTIONS	SPECIAL DIRECTIONS
GRAPEGG	½ Cup Grape Juice 1 T. Lime or Lemon Juice	1 t. Sugar or Honey 1 Egg	*Place liquid in the Container.* • • • • • • *Add other ingredients.* • • • • • • *Put cover on the Container.* • • • • • • *Turn on WARING and run until contents are thoroughly blended, 15 seconds to 3 minutes.* *YIELD: 1 Pint.* *(See Special Directions)*	**HOT SPICED APPLE PUNCH** *Place ingredients of first group in the Container in order indicated.* *Put cover on the Container.* *Turn on WARING and run until contents are thoroughly blended.* • • • • • • *Pour ingredients of second group and blended ingredients into saucepan and heat.* • • • • • • *Properly served in mugs.* *YIELD: 2 Quarts.*
HONEYDEW	1 Cup Orange Juice 1 T. Lemon Juice	1 Cup Diced Honeydew		
PEAR	1 Cup Unsweetened Pineapple Juice 1 Cup Finely Cracked Ice	1 Cup Canned Pears 2 T. Sherry		
PRUNE	1 Cup Apple Juice or Cider 1½ Cups Finely Cracked Ice	½ Cup Soaked, Pitted, Dried Prunes Dash of Cinnamon OR Angostura		
STRAWBERRY	1 Cup Orange Juice 1 Cup Finely Cracked Ice	1 Cup Fresh Strawberries 2 T. Sugar OR ½ Cup Quick-Frozen Strawberries		
FRUIT SALAD	1 Cup Unsweetened Pineapple Juice 1 Cup Finely Cracked Ice	1 Cup Canned Fruit Salad		
HOT SPICED APPLE PUNCH	1 Cup Strong Tea 3 T. Diced, Candied Ginger Thin, Yellow Rind of 1 Orange 1 Peeled Orange (cut into eighths)	1 Quart Apple Juice or Cider 1 Pint Pineapple Juice		**GRAPE-PUNCH** *Place ingredients of first group in the Container in order indicated.* *Put cover on the Container.* *Turn on WARING and run until contents are thoroughly blended.* • • • • • • *Pour ingredients of second group and blended ingredients into pitcher partially filled with ice.* *Stir and serve.* *YIELD: 3 Pints.*
GRAPE-PUNCH	1 Cup Strong, Cold Tea 4 Slices Canned Pineapple 1 T. Lemon Juice	1 Pint Grape Juice 1 Cup Pineapple Juice ½ Cup Port Wine		

MILK SMOOTHEES

Variety	Ingredients
APRICOT	1 Cup Milk 1 Cup Canned Apricots OR ½ Cup Soaked Dried Apricots, plus 3 T. Sugar 2 T. Sherry
CHOCOLATE MINT	1 Cup Milk ¼ Cup Bittersweet Chocolate Syrup 4 Drops Peppermint Extract
BANANA	1 Cup Milk 1 Medium-Size Ripe Banana
MARSHMALLOW MINT	1 Cup Milk 4 Marshmallows 4 Drops Peppermint Extract
PEACH	1 Cup Milk 1 Cup Fresh or Canned Sliced Peaches OR ½ Cup Diced, Quick Frozen Peaches 2 T. Sherry
PLUM	1 Cup Canned Pitted Red Plums 1 Cup Milk ¼ Cup Sherry or Port Dash Angostura

DIRECTIONS

Place milk in the Container.

Add other ingredients.

Add one cup of FINELY CRACKED ice to chill SMOOTHEE.

Put cover on the Container.

Turn on WARING and run until contents are thoroughly blended, 15 seconds to 2 minutes.

* * * * * *

One-half cup of ice cream added to any SMOOTHEE makes a richer drink.

* * * * * *

Two marshmallows may be added instead of ice cream with favorable results.

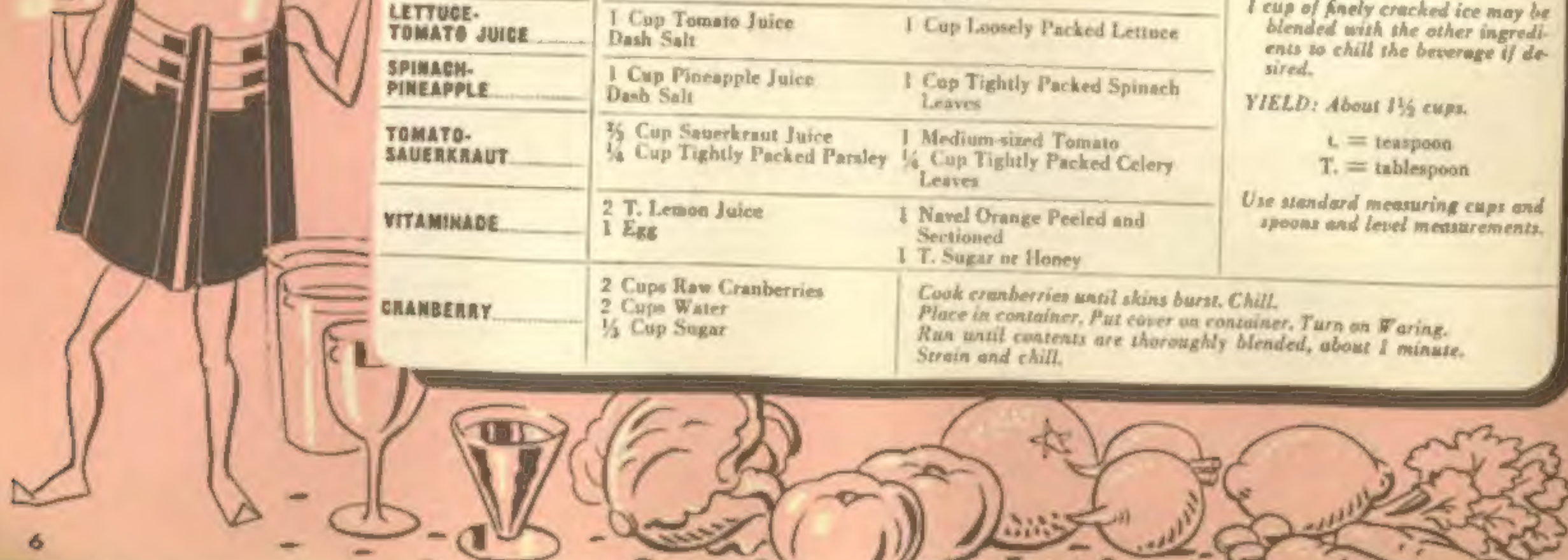
YIELD: About 1 Pint.

Variety	Ingredients
PINEAPPLE MINT	1 Cup Milk 1 Cup Fresh or Canned, Diced or Crushed Pineapple 2 Drops Peppermint Extract
PINEAPPLE	1 Cup Milk 1 Cup Fresh or Canned, Diced or Crushed Pineapple
PEANUT	1 Cup Milk ¼ Cup Peanut Butter or ½ Cup Roasted, Hulled Peanuts
PRUNE	1 Cup Milk ½ Cup Soaked Pitted Prunes 1 T. Molasses
STRAWBERRY	1 Cup Milk 1 Pint Fresh Strawberries 4 T. Sugar OR 1 Cup Quick-Frozen Strawberries
MELON	1 Cup Milk 1 Cup Diced Honeydew OR 1 Cup Diced Cantaloupe

VITAMIN-FULL HEALTH COCKTAILS

Innumerable combinations of vitamin-rich, delicious drinks are possible the WARING way. The following recipes only suggest good combinations of juices and vegetables. In almost any recipe other fruit juices, lemon juice and water, or tomato juice may be used instead of the liquid specified. Many other vegetables are equally good when blended into a cocktail.

Variety	Ingredients		DIRECTIONS
BEET-SAUERKRAUT	1 Cup Sauerkraut Juice	1 Medium-sized Beet cut into eighths	*Place all ingredients in container.* *Put cover on container.* *Turn on WARING.* *Run until contents are thoroughly blended from 15 seconds to 3 minutes.* *1 cup of finely cracked ice may be blended with the other ingredients to chill the beverage if desired.* *YIELD: About 1½ cups.* t. = teaspoon T. = tablespoon *Use standard measuring cups and spoons and level measurements.*
CARROT-MILK	1 Cup Milk Dash Salt	½ Cup Raw Diced Carrots	
CELERY-GRAPEFRUIT	1 Cup Grapefruit Juice	1 Cup Tightly Packed Celery Leaves	
GREEN PEPPER	1 Cup Water 2 t. Lemon Juice	1 Diced Green Pepper Dash Salt	
LETTUCE-TOMATO JUICE	1 Cup Tomato Juice Dash Salt	1 Cup Loosely Packed Lettuce	
SPINACH-PINEAPPLE	1 Cup Pineapple Juice Dash Salt	1 Cup Tightly Packed Spinach Leaves	
TOMATO-SAUERKRAUT	⅔ Cup Sauerkraut Juice ¼ Cup Tightly Packed Parsley	1 Medium-sized Tomato ¼ Cup Tightly Packed Celery Leaves	
VITAMINADE	2 T. Lemon Juice 1 Egg	1 Navel Orange Peeled and Sectioned 1 T. Sugar or Honey	
CRANBERRY	2 Cups Raw Cranberries 2 Cups Water ⅓ Cup Sugar	*Cook cranberries until skins burst. Chill. Place in container. Put cover on container. Turn on Waring. Run until contents are thoroughly blended, about 1 minute. Strain and chill.*	



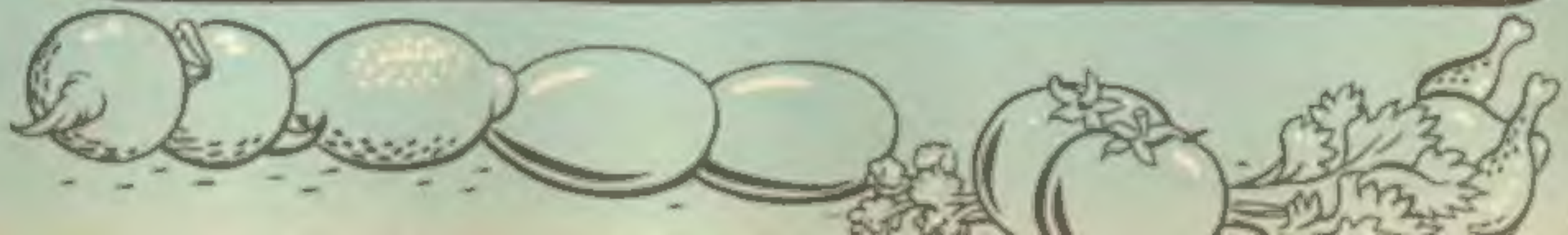
VITAMIN-FULL APPETIZERS

Variety	Ingredients		DIRECTIONS
APPLE JUICE-CELERY	1 Cup Apple Juice 1 T. Lemon Juice	½ Cup Celery Leaves 1 Cup Finely Cracked Ice	
CABBAGE-PINEAPPLE	1 Cup Grapefruit Juice or 1 Cup Pineapple Juice 1 T. Lemon Juice	2 Cups Shredded Green Cabbage 1 Cup Finely Cracked Ice	*Put all ingredients in container.* *Put cover on container.* *Turn on WARING.* • • • • • •
CARROT-PINEAPPLE	1 Cup Pineapple Juice 1 T. Lemon Juice	½ Cup Diced Carrots 1 Cup Finely Cracked Ice	*Run until contents are completely blended, from 15 seconds to 1 minute.* • • • • • •
CUCUMBER-PINEAPPLE	1 Cup Pineapple Juice 1 T. Lemon Juice	1 Cup Unpeeled Diced Cucumber 1 Cup Finely Cracked Ice Few Sprays Parsley	*Serve immediately.* • • • • • •
ESCAROLE-GRAPEFRUIT	¾ Cup Grapefruit Juice	2 Cups Tightly Packed Escarole 1½ Cups Finely Cracked Ice	*YIELD: About 1½ Pints.* • • • • • •
PINEAPPLE-PARSLEY	1 Cup Pineapple Juice 1 T. Lemon Juice	1 Cup Tightly Packed Parsley 1 Cup Finely Cracked Ice	t. = teaspoon T. = tablespoon • • • • • •
PINEAPPLE WATERCRESS	1 Cup Pineapple Juice 1 T. Lemon Juice	½ Bunch Watercress 1 Cup Finely Cracked Ice	*Use standard measuring cups and spoons and level measurements.*
PINEAPPLE-SPINACH	1 Cup Grapefruit Juice or 1 Cup Pineapple Juice 1 T. Lemon Juice	½ Cup Tightly Packed Spinach Leaves 1 Cup Finely Cracked Ice	

CHILLED SOUPS

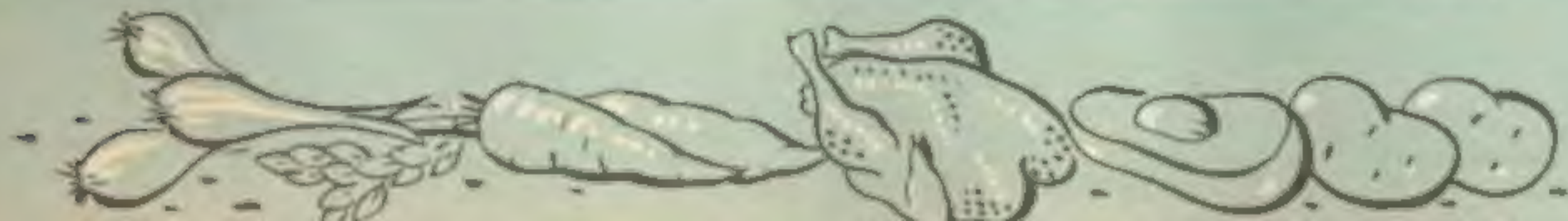
Variety	Ingredients	DIRECTIONS
BORSCHT	1 Cup Beef Broth 1 Cup Beet Liquor 2 T. Sour Cream 2 t. Lemon Juice 1 Cup Cooked Sliced Beets ½ t. Salt ⅛ t. Pepper Thin Yellow Peel of ½ Lemon • • • • • • ½ Cup Sour Cream	*Place all ingredients except ½ cup cream in container.* *Put cover on container. Turn on WARING.* *Blend until contents are thoroughly blended, about 2 minutes.* *Pour into glass jar and chill.* • • • • • • *When ready to serve, top with whipped sour cream. For whipping cream, see p. 33. This may be served hot.* *YIELD: 1½ Pints.*
CHICKEN CORDIAL	2 Cups Chicken Broth • • • • • • 2 Eggs 1 T. Lemon Juice ½ t. Salt ⅛ t. Pepper 2 T. Sherry • • • • • • 1 T. Chopped Parsley	*Heat chicken broth.* *Place ingredients of second group in the container in order indicated.* *Put cover on container. Turn on WARING.* *Run until egg mixture is light and fluffy, about 15 seconds.* *Remove cover and, with the Blendor running, gradually pour in the hot chicken broth.* *Pour into glass jar and chill thoroughly.* *Serve very cold garnished with chopped parsley.* *YIELD: 1½ Pints.*
JELLIED MADRILENE	1 Cup Hot Tomato Juice 1 Package Aspic Gelatin • • • • • • 1½ Cups Water 1 Slice White Onion (Thin) 1 T. Lemon Juice Few Sprays Raw Celery Leaves Few Sprays Raw Parsley	*Dissolve gelatin in tomato juice.* *Place other ingredients in the container in order indicated.* *Add dissolved gelatin.* *Put cover on the container. Turn on WARING.* *Run until contents are thoroughly blended, about 2 minutes.* *Pour into bowl and chill until firm.* *Serve in bouillon cups.* *YIELD: 2½ Cups.*

t. = teaspoon
T. = tablespoon



CHILLED SOUPS

Variety	Ingredients	DIRECTIONS
CARROT VICHYSSOISE	2 T. Butter 2 Leeks, Sliced * * * * * * 2 Cups Chicken Broth 2 Cups Cooked Diced Carrots ½ t. Salt ⅛ t. Black Pepper ½ Cup Sweet Cream 2 T. Chopped Water Cress Leaves	*Sauté leeks in butter over moderate heat for 5 minutes.* *Add 1 cup of the broth. Cover and simmer for 15 minutes.* *Place sautéed leeks, other cup of broth, carrots and seasonings in container.* *Put cover on container. Turn on WARING.* *Run until contents are thoroughly blended, about 1 minute.* *Pour into glass jar and chill thoroughly.* *When ready to serve, stir in cream.* *Garnish with chopped water cress leaves. Serve ice cold or hot.* *YIELD: 1⅓ Pints.*
CHICKEN AVOCADO SOUP	2½ Cups Chicken Broth 1 Large Avocado, Sliced (2 Cups) 1 t. Salt ⅛ t. Pepper 2 T. Sherry * * * * * * ¼ Cup Whipping Cream 2 T. Chopped Pistachio Nuts	*Place ingredients of first group in container in order indicated.* *Put cover on container. Turn on WARING.* *Run until contents are thoroughly blended, about 30 seconds.* *Pour into glass jar and chill thoroughly.* *Serve soup ice cold topped with whipped cream and nuts.* *For whipping cream, see p. 33.* *YIELD: 1 Quart.*
VICHYSSOISE	2 Medium Sized Peeled Potatoes (½ Lb.) 2 T. Fat 2 Whole Leeks * * * * * * 2 Cups Chicken Broth ½ t. Salt ⅛ t. Black Pepper ⅛ t. Ground Nutmeg * * * * * * ½ Cup Sweet Cream 1 T. Chopped Chives	*Cook potatoes until tender. Drain and dry.* *Sauté chopped leeks in fat. Add 1 cup of broth. Cover and simmer for 15 minutes.* *Place all ingredients except cream and chives in container.* *Put cover on container. Turn on WARING.* *Run until contents are thoroughly blended, about 1 minute.* *Pour into jar and chill thoroughly.* *Just before serving, stir in cream.* *Serve cold, garnished with chopped chives. Can also be served hot.* *YIELD: 1 Quart.* NOTE: *Chicken or beef bouillon may be made by dissolving bouillon cubes in water or vegetable liquor.*



FRUIT SOUPS

Variety	Ingredients		DIRECTIONS
APRICOT	1 Cup Unsweetened Pineapple Juice 1 t. Gelatin 2 T. Cold Water	1 Cup Soaked Dried Apricots ⅛ t. Salt	*Soak Gelatin in cold water and melt over hot water.* • • • • • • *Place all ingredients in the Container in order indicated.* *Put Cover on the Container.* *Turn on WARING and run until contents are thoroughly blended, 15 seconds to 2 minutes.* • • • • • • *Pour into refrigerator tray and chill for 1 hour.* • • • • • • *Remove from refrigerator tray and place in the Container again to blend for smooth texture before serving.* NOTE: *Add 1 Cup Unsweetened Pineapple Juice to "Tutti Frutti" Recipe if Fresh Fruits are used.* *YIELD: About 1 Pint.*
AVOCADO	1 Cup Orange Juice 1 t. Gelatin 2 T. Cold Water	1 T. Lemon Juice ¼ t. Salt 2 Cups Diced, Peeled Avocado Pear	
CANTALOUPE	1 Cup Orange Juice 1 T. Lemon Juice 1 t. Gelatin 2 T. Cold Water	2 Cups Diced Cantaloupe ⅛ t. Salt	
CUCUMBER	1 Cup Unsweetened Pineapple Juice 1 t. Gelatin 2 T. Cold Water	2 Cups Coarsely Diced, Raw, Unpeeled Cucumbers 4 Sprays Raw Parsley ⅛ t. Salt	
PINEAPPLE	1 Cup Grapefruit Juice 1 t. Gelatin 2 T. Cold Water	2 Cups Diced, Quick Frozen, Fresh or Canned Pineapple 10 Fresh Mint Leaves ⅛ t. Salt	
TUTTI-FRUTTI	1 t. Gelatin 2 T. Cold Water	2½ Cups Canned or Fresh Fruit Salad 2 T. Lemon Juice	

CREAM SOUPS

DIRECTIONS

Place all ingredients in the Container in order indicated reading across the page.

Put cover on the Container.

Turn on WARING and run until contents are thoroughly blended, 1 to 3 minutes.

Heat in double boiler or over direct flame, stirring occasionally.

NOTE *If cooked or leftover vegetables are used, 1 T. flour is ample.*
Quick frozen vegetables need not be defrosted before using.

YIELD: 2½ Cups.

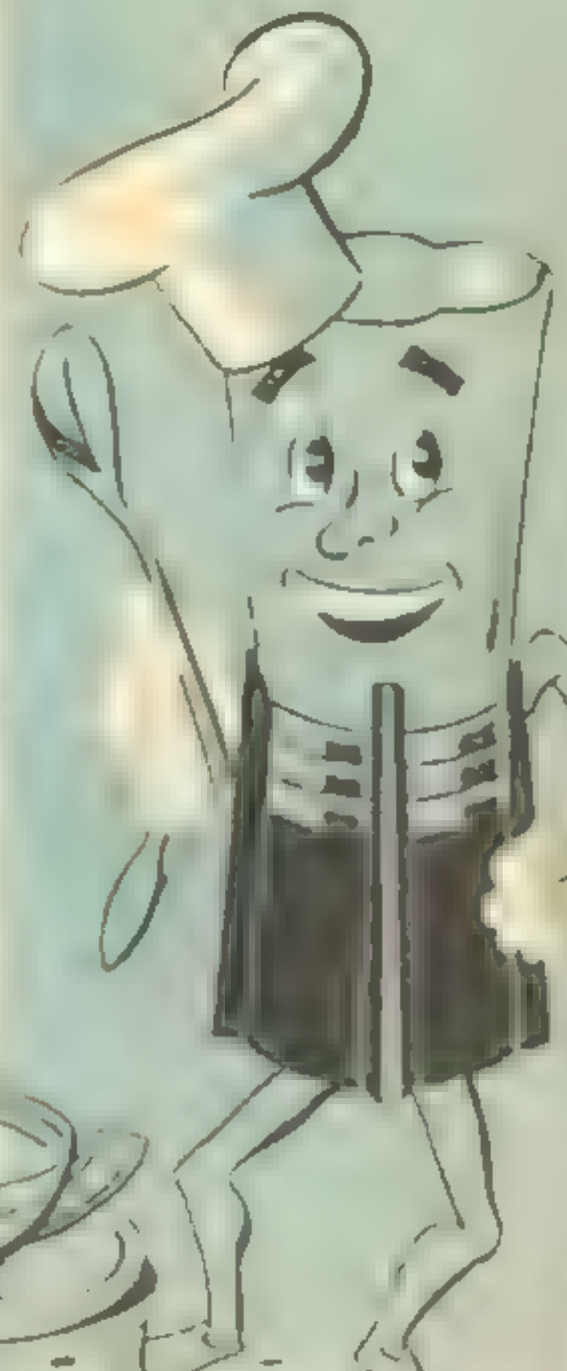
Variety	Liquid	Flour	Butter	Salt	Pepper	Basic Ingredient	Additional Seasoning
ASPARAGUS	1 Pint Milk	2 T	2 T	1 t	¼ t	½ Cup Raw or Canned Asparagus Tips	None
CARROT	1 Pint Milk	2 T	1 T	1 t	¼ t	1 Cup Diced Raw or Canned Carrots	1 Slice Onion (thin) 2 Sprays Raw Parsley
CORN	1 Pint Milk	2 T	2 T	1 t	¼ t	1 Cup Raw or Canned Corn	1 Slice Onion (thin) 2 Sprays Raw Parsley
CUCUMBER	1 Pint Milk	2 T	2 T	1 t	¼ t	2 Cups Raw, Sliced Unpeeled Cucumber	1 Slice Onion (thin) 2 Sprays Raw Parsley
MUSHROOM	1 Pint Milk	2 T	2 T	1 t	¼ t	3 Fresh Mushroom Caps Sauteed —OR 6 Fresh Mushroom Stems Sauteed	1 Slice Onion (thin) Few Sprays Raw Celery Leaves
PEA	1 Pint Milk	1 T	2 T	1 t	¼ t	1 Cup Raw or Canned Peas	1 Slice Onion (thin) 3 Rings Raw Green Pepper
SPINACH	1 Pint Milk	2 T	2 T	1 t	¼ t	2 Tightly Packed Cups Raw or ½ Cup Cooked or Canned Spinach	1 Slice Onion (thin) 4 Sprays Raw Parsley ¼ Cup Raw Celery Leaves

SAVORY SOUPS

Variety	Ingredients	DIRECTIONS
CUCUMBER SOUP	2 Cups Chicken Broth 2 T Fat 1 Unpeeled Coarsely Chopped Cucumber (2 [illegible]) 2 t Salt • • • • • • 2 T. Sherry ½ Cup Whipping Cream	*Place ingredients of first group in Container in order indicated* *Put Cover on Container. Turn on WARING.* *Run until contents are thoroughly blended, about 1 minute* *Pour into sauce pot and bring to a boil* *Stir in sherry* *Serve soup hot or well chilled topped with whipped cream.* *YIELD: 1½ Pints*
MONGUL SOUP	2 T Fat ½ Cup Diced Onion 2 T Diced Celery • • • • • • 1 Pt. Cooked Tomatoes 1 Cup Baked Beans Few Sprays Parsley 1 t. Salt ¼ t. Pepper	*Saute ingredients of first group in fat over moderate heat for 5 minutes* *Place all ingredients in the Container in the order indicated* *Put cover on Container. Turn on WARING.* *Run until contents are thoroughly blended, about 30 seconds* *Pour into sauce pot and heat thoroughly, stirring occasionally.* *YIELD: 1½ Pints*
SPRING VEGETABLE SOUP	2 T Fat 2 Leeks, Sliced • • • • • • 2 Cups Beef Bouillon ½ Cup Diced Carrots Few Sprays Parsley Few Sprays Celery Leaves ½ t Salt 1 Cup Tomato Juice	*Saute leeks in fat over moderate heat for 5 minutes* *Place all ingredients, except tomato juice, in Container* *Put cover on Container. Turn on WARING.* *Run until contents are partially blended, about 5 seconds* *Heat tomato juice. Add blended mixture and heat thoroughly* *Serve very hot* *YIELD: 1½ Pints*
WATER CRESS SOUP	1 Bunch Water Cress 1 Cups Chicken Broth 2 t. Flour 2 t Fat ½ t Salt	*Place water cress, 1 cup of the broth, flour, fat and salt in Container.* *Put cover on Container. Turn on WARING.* *Run until contents are thoroughly blended, about 15 seconds* *Heat remaining broth* *Add blended mixture. Bring to boil* *Strain if desired* *Serve very hot* *YIELD: About 1 Quart*

SAVORY SOUPS

Variety	Ingredients	DIRECTIONS
BLACK BEAN SOUP	2 T. Fat ¼ Cup Diced Onion ¼ Cup Diced Celery ¼ Cup Diced Green Pepper • • • • • • 1 Cup Cooked Kidney Beans 1 Cup Kidney Bean Liquor 1 Cup Tomato Juice 2 t. Salt 1 Hard Boiled Egg, Sliced 1 Lemon, Sliced	*Sauté ingredients of first group in fat until onions are golden brown* *Place sauteed vegetables, kidney beans and bean liquor in Container.* *Put cover on Container. Turn on WARING.* *Run until contents are thoroughly blended, about 20 seconds* *Heat tomato juice and salt. Add blended mixture and heat thoroughly* *Serve garnished with slices of egg and lemon* *YIELD: 1½ Pints*
ONION SOUP	¼ Cup Fat 2 Cups Sliced Onions • • • • • • 2 Cups Beef or Chicken Broth 1 Small Spray Celery Leaves 1 Spray Parsley	*Sauté onions in fat, tightly covered, over low heat for 30 minutes* *Remove cover last five minutes. Cook over moderate heat, stirring frequently, until a light golden brown* *Place all ingredients in Container* *Put cover on container. Turn on WARING* *Run until contents are thoroughly blended, about 30 seconds* *Pour into sauce pot and heat* *Serve very hot* *If desired, garnish with slice of toasted French roll and grated parmesan type cheese* *YIELD: 1½ Pints*
SPLIT PEA SOUP	2 T. Fat 2 T. Diced Onion 2 T. Diced Celery 2 T. Diced Carrots • • • • • • 1½ Cups Cooked Dried Green Split Peas (¼ lb.) 1½ Cups Split Pea Liquor ¼ Cup Diced Cooked Ham 2 t. Salt ⅛ t. Pepper Few Sprays Parsley	*Sauté vegetables in first group in fat over moderate heat for 5 minutes, or until tender* *Place all ingredients in Container in order indicated* *Put cover on container. Turn on WARING* *Run until contents are completely blended, about 20 seconds* *Pour into sauce pot and heat thoroughly* *YIELD: 1½ Pints* NOTE *Chicken or beef bouillon may be made by dissolving bouillon cubes in water or vegetable liquor*



BISQUES

DIRECTIONS

Place all ingredients in the Container in order indicated.
Put cover on the Container.
Turn on WHIP. Run until contents are partially blended, about 15 seconds.
Heat in double boiler or over direct flame, stirring occasionally.
YIELD: 2½ Cups.

Variety	Liquid	Flour	Butter	Salt	Pepper	Basic Ingredient	Additional Seasoning
CHICKEN	1 Cup Milk 1 Cup Chicken Broth	1 T	2 T	1 t	⅛ t	½ Cup Cooked Chicken Meat	Few Sprays Raw Celery Leaves
CRAB	1 Pint Milk	1 T	2 T	1 t	⅛ t	½ Cup Cooked or Canned Crab Meat	Few Sprays Raw Celery Leaves
FISH	1 Pint Milk	1 T	2 T	1 t	⅛ t	½ Cup Cooked or Canned Fish Flakes	Few Sprays Raw Parsley
LOBSTER	1 Pint Milk	1 T	2 T	1 t	⅛ t	½ Cup Cooked or Canned Lobster Meat	Few Sprays Raw Parsley
OYSTER	1 Pint Milk	1 T	2 T	1 t	⅛ t	3 Raw Oysters	Few Sprays Raw Celery Leaves
SALMON	1 Pint Milk	1 T.	2 T.	1 t.	⅛ t.	½ Cup Cooked or Canned Salmon	2 Rings Raw Green Pepper
SHRIMP	1 Pint Milk	1 T	2 T	1 t	⅛ t	½ Cup Cooked or Canned Shrimp	Few Sprays Raw Parsley
THRIFTY ANN	1 Cup Milk 1 Cup Broth	1 T	2 T	1 t	⅛ t	½ Cup Diced Lean Cooked Beef, Lamb, Veal or Ham	Few Sprays Raw Celery Leaves

OMELETS

Variety	Ingredients
PLAIN	3 Eggs 3 T. Milk or Cream
BACON	3 Eggs 3 T. Milk or Cream 2 Strips Partially Broiled or Fried Bacon
BOLOGNA	3 Eggs 3 T. Milk or Cream ½ Cup Diced Bologna
CHEESE	3 Eggs 3 T. Milk or Cream ½ Cup Diced American Cheese
CHICKEN	3 Eggs 3 T. Milk or Cream ½ Cup Diced, Cooked Chicken
HAM	3 Eggs 3 T. Milk or Cream ½ Cup Diced, Cooked or Tenderized Ham
MUSHROOM	3 Eggs 3 T. Milk or Cream ½ Cup Fresh Mushrooms, sautéed
CORN	3 Eggs 3 T. Milk or Cream ½ Cup Canned Whole Kernel Corn
SALAMI	3 Eggs 3 T. Milk or Cream ½ Cup Diced Salami
SHRIMP	3 Eggs 3 T. Milk or Cream ½ Cup Diced Cooked or Canned Shrimp

DIRECTIONS

Place all ingredients (which should be at room temperature) in the Container in order indicated

Put cover on the Container

Turn on WHIPPING and run until contents are partially blended 5 to 15 seconds

Pour into hot skillet in which 2 T of butter have been melted

Season to taste

Cook over low flame, lifting the edges carefully with a spatula to allow uncooked eggs to run underneath

When cooked through, but still soft and tender, fold omelet and turn onto platter

SERVES: 2

t = teaspoon

T = tablespoon

MEAT AND VEGETABLE SAUCES

Variety	Ingredients	DIRECTIONS
BERNAISE SAUCE	3 [illegible] 3 T [illegible] 1 [illegible] • • • • • • [illegible] [illegible] 1 Sprig Celery Leaves ½ t. Salt—Dash Pepper	[illegible] [illegible] [illegible] [illegible] [illegible] *custard.* *YIELD: 1 Cup. (Serve hot with fish)*
CREOLE SAUCE	3 T Fat 1 Green Pepper, Dried 1 [illegible] [illegible] [illegible] [illegible] 1 t. Salt—Dash Pepper 2 T Sherry	*Sauté green pepper in fat over moderate heat until tender* *Place all ingredients in Container* [illegible] [illegible] [illegible] *accompanied by rice or macaroni* *YIELD: 1 Pint.*
HOLLANDAISE SAUCE	3 Egg Yolks 2 T. Lemon Juice [illegible] [illegible] [illegible] ½ Cup Boiling Water	[illegible] *(Have butter at room temperature)* *Put cover on Container. Turn on BLENDING* [illegible] [illegible] *custard* *YIELD: 1 Pint. (Serve with asparagus or broccoli)*
RAISIN WINE SAUCE	1 [illegible] [illegible] ½ [illegible] 1 [illegible] ½ Cup Sugar [illegible] 1 t. Dry Mustard	[illegible] [illegible] [illegible] [illegible] *Serve hot with ham* *YIELD: [illegible] Pint*

MEAT AND VEGETABLE SAUCES

Variety	Ingredients	SPECIAL DIRECTIONS	GENERAL DIRECTIONS
BECHAMEL SAUCE	2 T. Fat 2 T. Chopped Onion • • • • • • ½ Can Condensed Chicken Broth 1 Sprig Celery Leaves 1 T. Flour • • • • • • ½ Cup Cream	*Do not blend cream with other ingredients. Stir it in just before serving* *Blend for 1 minute* *Serve over hot vegetables* *YIELD: 1 Cup*	*Saute ingredients of first group in fat over mod erate heat until onions are golden brown* *Place all ingredients in Container* *Put cover on Container. Turn on BLEND.* *Run until contents are [illegible] special directions for blending time* *Pour into sauce pot.* *Bring to a boil. Cook, stirring constantly, until sauce thickens*
ONION SAUCE	½ Cup Fat 1 Qt. Peeled Sliced Onions • • • • • • 1 Cup Beef Bouillon ½ t. Salt Dash Pepper 1 T. Flour	*Blend about 5 seconds* *Serve over chopped beef patties, steaks, liver etc* *YIELD: 1 Pint*	
MUSHROOM SAUCE	½ Cup Fat ½ Lb. Sliced Mushrooms ½ Cup Sliced Onions • • • • • • 1 Cup Beef Bouillon 1 T. Flour ½ t. Salt – Dash Pepper 1 T. Sherry (optional)	*Blend about 5 seconds* *Serve over chopped beef patties, steaks, liver, etc* *YIELD: 1 Pint*	*Saute ingredients of first group in fat over mod erate heat until tender* *Place all ingredients in Container* *Put cover on Container. Turn on BLEND.* *Run until contents are partially blended — special directions for blending time* *Pour into sauce pot. Cook, stirring constantly until sauce thickens*
SHRIMP SAUCE	2 T Fat ½ Cup Diced Onions • • • • • • 1 Cup Chicken Broth [illegible] Cooked Fresh Shrimp (1 cup) 1 T. Flour 1 T Soy Sauce	*Blend about 10 seconds* *Serve over steamed fish or baked white fi* *YIELD: 1 Pint*	

ENTREES

Variety	Ingredients	DIRECTIONS
TOMATO-COTTAGE CHEESE ASPIC	1 Pkg. Lemon Flavored Gelatin • • • • • • 1½ Cups Tomato Juice ½ Cup Mayonnaise 1 Cup Cottage Cheese ½ t. Salt	*Heat half of the Tomato Juice and dissolve the gelatin in it.* • • • • • • *Place all ingredients in the Container in the order indicated* *Put cover on the Container* *Turn on WARING and run until contents are thoroughly blended* *Pour into quart ring mold* *Chill in refrigerator until firm* *Unmold, fill center with green salad and serve on plates garnished with water cress* *SERVES: 6*
ITALIAN MEAT SAUCE	1 Lb. Lean Raw Beef • • • • • • 1 Lb. Fat ½ Cup Celery Leaves Cup Sliced Green Pepper Cup Sliced Onion 1 Small Garlic Clove • • • • • • 1 No. 2 Can Tomatoes 1 t. Salt 3 T. Canned Tomato Paste	*Sauté ground beef in fat, stirring constantly, over moderate heat for about 5 minutes* *Sauté ingredients of second group in fat until tender* *Place ingredients of third group in Container. Add sautéed vegetables* *Put cover on Container. Turn on WARING.* *Run until contents are partially blended, about 20 seconds* *Combine blended mixture with sautéed beef in sauce pot* *Simmer, uncovered, over low heat until sauce thickens, about 25 minutes, stirring occasionally* *Serve over hot, cooked spaghetti or rice. Sprinkle with grated Parmesan type cheese* *YIELD: 1 Pint*
SWEET POTATO-APPLE SCALLOP	3 Cups Sliced, Peeled, Cooked Sweet Potatoes • • • • • • ⅓ Cup Salad Oil ½ Cup Honey or Dark Corn Syrup Thin Yellow Peel of ½ Orange 1½ Cups Diced Cored Unpeeled Apples	*Place sweet potatoes in buttered 1 qt. casserole* *Place ingredients of second group in the container in order indicated* *Put cover on Container. Turn on WARING.* *Run until contents are thoroughly blended, about 1 minute* *Pour over sweet potatoes and bake in a moderate oven, 350° F., for 1 hour* *YIELD: 1 Quart*

Variety	Ingredients	DIRECTIONS
CARROT LOAF	3 Eggs 1 Cup Evaporated Milk 2 Cups Diced Raw Carrots 1 Small Onion ½ Tightly Packed Cup Celery Leaves 2 t. Salt • • • • • • 2 Cups Cooked Rice	*Put rice into separate mixing bowl* *Place all ingredients of the first group in the Container in order indicated* *Put cover on the Container. Turn on WARING and run until contents are thoroughly blended, about 3 minutes* *Fold mixture into Rice* *Place in greased loaf pan or ring mold* *Bake in moderate oven at 350° F. for 1 hour 15 min. Serve with cheese or tomato sauce* *SERVES: 8*
LIVER LOAF	1 Pound Beef Liver 1 Cup Evaporated Milk 1 Egg 1 Slice Raw Onion ½ Raw Green Pepper ¼ Cup Raw Celery Leaves 1 t. Salt ¼ t. Pepper 2 Cups Diced Bread	*Wipe liver and remove skin and veins. Cut into slices or cubes* • • • • • • *Place all ingredients in the Container in order indicated, liver last* *Put cover on the Container* *Turn on WARING and run until contents are thoroughly blended about 2 minutes* • • • • • • *Turn into well greased baking dish and bake in slow oven at 325° F. for 1 to 1½ hours* *Serve hot or cold with catsup or chili sauce* *SERVES: 10*
WELSH RAREBIT	1½ Cups Milk • • • • • • 1 Egg 1 t. Worcestershire Sauce 1 t. Salt ½ t. Dry Mustard ¼ t. Paprika 1 T. Cornstarch 1 Pound Diced Sharp Cheddar Cheese	*Heat the milk* *Place all ingredients, EXCEPT MILK, in the Container in order indicated* *Turn on WARING* *Add hot milk gradually and run until entire contents are thoroughly blended, about 1 minute* *Pour into double boiler and cook over hot water for 5 minutes or until thick* *Serve over toast* *SERVES: 4*

t. = teaspoon T. = tablespoon

JELLADES

Variety	Liquid	Fruit	Sugar
APRICOT HONEY	1 Cup Water	1 Unpeeled Lemon Sliced 1½ Cups Soaked Dried Apricots	[illegible]
GRAPEFRUIT BUTTER	Pt. Water	1 Unpeeled Orange [illegible] fruit into [illegible] 1 Unpeeled Lemon or Lime, Sliced ½ Unpeeled [illegible] fruit [illegible] into eighths	1 Cups
GREEN TOMATO CHUTNEY	Cup Vinegar	1 Large Onion [illegible] fruit into fourths) 1 Small Clove Garlic 2 Sprays [illegible] 1 Cup [illegible] peeled Green Apples 1 Lb. (3 cups) Green Tomatoes [illegible] fruit into fourths)	1 Cup [illegible] Brown 2 Cups Cane
GREEN TOMATO CONSERVE	1 Cup Apple Cider or Water	2 T. Candied Ginger 1 Unpeeled Lemon, Sliced 1 Lb. (3 cups) Green Tomatoes [illegible] fruit into fourths)	1 Cup Brown 2 Cups Cane
ORANGE BUTTER	1 Pt. Water	1 Unpeeled Orange [illegible] fruit into eighths) 1 Unpeeled Lemon or Lime, Sliced	[illegible]

GENERAL DIRECTIONS

Put prepared fruit and liquid in Container
Put cover on Container. Turn on BLENDING
Run until fruit has reached desired consistency
Pour blended fruit into broad, flat, 2 quart sauce pan
Bring to a boil. Stir in sugar. Cook over moderate heat, stirring frequently, until the jellade sheets when poured from the side of a spoon or until a single drop stiffens promptly on a cold dish
For a soft jellade: Cook to 215° 218° F
For a stiff jellade: Cook to 218° 221° F
Pour hot jellade into sterilized jelly glasses
Cover immediately with a thin layer of melted paraffin. Cool. Store in a cool dark place.
YIELD: 4 to 6, 6 oz. glasses

SPECIAL DIRECTIONS

Apricot Honey: Blend thoroughly about 3 minutes
Grapefruit Butter: Blend until partially or fully blended, 30 seconds to 3 minutes, as desired
Green Tomato Chutney: Blend about 15 seconds
Green Tomato Conserve: Blend about 15 seconds
Orange Butter: Blend until partially or fully blended, 30 seconds to 3 minutes, as desired

t = teaspoon
T = tablespoon

Use standard measuring cups and spoons and level measurements

JELLADES

Variety	Liquid	Fruit	Sugar
CRANBERRY	1 Pt Water	1 Lb. Raw Cranberries	3 Cups
GINGER	1 Cup Water	¼ Cup Crystallized Lemon Peel ¼ Lb. Preserved Ginger or ½ t. Powdered Ginger 1½ Cups Shredded Raw Carrots	1½ Cups
GRAPE	½ Cup Water	1½ Lbs. Concord Grapes (1 qt.)	3 Cups
PRUNE	2 Cups Prune Juice or Water in Which Prunes Were Cooked	½ Unpeeled Orange (cut into eighths) ½ Unpeeled Lemon, Sliced ½ Lb. Cooked Pitted Prunes (1½)	3 Cups
QUINCE	1 Pt Water	1 Unpeeled Lemon, Sliced 1 Large Unpeeled Quince, Cubed	3 Cups

Put liquid and prepared fruit in Container
Put over or Container. Turn on # (RING)
Run until fruit has reached desired consistency
Pour heated fruit into broad flat 2 quart sauce pan
Bring to a boil. Stir in sugar. Cook over moderate heat stirring frequently until the syrup sheets when poured from the side of a spoon or when a sugar drop stiffens promptly on a cool dish
For a soft jellade: Cook to 215° 218° F
For a stiff jellade: Cook to 218° 221° F
Pour hot jellade into sterilized jelly glasses
Cover immediately with a thin layer of melted paraffin. Cool. Store in a cool dark place
YIELD: 4 to 6 6 oz. glasses

SPECIAL DIRECTIONS

Cranberry: Cook cranberries in water until they burst. Blend thoroughly. Strain through coarse sieve
Ginger: Blend thoroughly about 3 minutes
Grape: Blend 15 seconds (ONLY). Strain through coarse sieve
Prune: Blend thoroughly about 3 minutes
Quince: Blend thoroughly, about 3 minutes

t. = teaspoon
T. = tablespoon

Use standard measuring cups and spoons and level measurements

BREAD SPREADS

Variety	Ingredients	SPECIAL DIRECTIONS	GENERAL DIRECTIONS
CARROT SPREAD	½ Cup Mayonnaise 1½ Cups Diced Carrots 1 t. Salt ½ Bunch Chopped Water Cress	*Blend all ingredients except water cress* *Blend about 2 minutes.* *Place in bowl. Add water cress. Mix well.* *YIELD: 1½ Cups*	*Place all ingredients in Container* *Put cover on Container. Turn on BLEND* *Run until contents are thoroughly blended, see special directions for blending time* . . . . . . *Chill to attain spreading consistency* . . . . . . *Spread on toast fingers or canape biscuits or use as sandwich filling* . . . . . . t. = teaspoon T. = tablespoon *Use standard measuring cups and spoons and level measurements*
CHEESE AND BACON SPREAD	½ Cup Condensed Tomato Soup ¼ lb. Diced Sharp American Cheese 6 Strips Crisp Cooked Bacon	*Blend about 2 minutes* *YIELD: 1 Cup*	
EGG SPREAD	1 T. Mayonnaise Few Sprays Parsley 2 Hard Cooked Eggs	*Blend about 5 seconds* *YIELD: ½ Cup*	
PEANUT BUTTER	2 T. Salad Oil 2 Cups Salted Peanuts	*Blend about 2 minutes.* *YIELD: 1 Cup.*	
SHRIMP PASTE	¼ Cup Chili Sauce ¼ Cup Mayonnaise 2 T. Lemon Juice ½ t. Salt ¼ t. Dry Mustard 1 lb. Cooked Whole Shrimp ½ Bunch Chopped Water Cress	*Blend all ingredients except water cress* *Blend about 2 minutes* *Place in bowl. Add water cress. Mix well* *YIELD: 1½ Cups*	

BREAD SPREADS

Variety	Ingredients	DIRECTIONS
CHEESE SPREAD	¾ Cup Evaporated Milk 1 T. Worcestershire Sauce ½ Pound Diced Roquefort Cheese ½ Pound Diced American Cheese ½ t. Paprika	*Place all ingredients which should be at room temperature in the Container in order indicated* *Put cover on the Container* *Turn on* **BLEND** *and run until contents are thoroughly blended, about 2 minutes* • • • • • •
ECONOMY SPREAD	½ Cup Mayonnaise 1 Cup Diced, Left-over Beef, Lamb, Veal, Ham, Chicken, Turkey or Sea Food ½ t. Dry Mustard ⅛ t. Salt	*Chill to attain spreading consistency* • • • • • •
LOBSTER CANAPE	½ Cup Mayonnaise 1 T. Dry Sherry or Wine Vinegar ¼ t. Salt Dash of Paprika 1 Cup Canned or Cooked Lobster Meat	*Spread on toast fingers or canape biscuits, or use as sandwich filling*
MOCK PATE-DE-FOIS GRAS	½ Cup Evaporated Milk ½ Cup Salad Oil 1 T. Lemon Juice 1 t. Worcestershire Sauce ½ Pound Diced, Cooked Chicken, Beef, Calves or Pork Liver 4 Sprays Raw Parsley 1 t. Salt	*YIELD, 1½ Cups* t. = teaspoon T. = tablespoon *Use standard measuring cups and spoons and level measurements*

TEA BREADS

Variety	To Be Sifted into Separate Mixing Bowl	To Be Blended in WARING Container	DIRECTIONS
BANANA TEA BREAD	1¾ Cups Flour ½ t. Soda 1¼ t. Cream of Tartar ½ t. Salt	2 Eggs ⅓ Cup Shortening 2 Medium-size Ripe Bananas ⅔ Cup Sugar	*Sift flour, soda, cream of tartar and salt into separate mixing bowl.* • • • • • • *Place remaining ingredients (which should be at room temperature) in the Container in order indicated.* *Put cover on the Container.* *Turn on WARING and run until blended about 15 to 30 seconds.* • • • • • • *Pour liquid mixture gradually into the dry ingredients in the mixing bowl. Stir until smooth.* *Pour into a well greased loaf pan and bake in a moderate oven at 350° F. for about 1 hour.* *YIELD: 1 loaf, about 8½ x 4½ x 3 .*
ORANGE DATE BREAD	2 Cups Flour ¼ t. Salt 1 t. Baking Powder ½ t. Soda ½ Cup Chopped English Walnuts	1 Egg ½ Cup Milk 1 Medium-size Unpeeled Orange, cut into eighths 1 Cup Quartered Pitted Dates 2 T. Shortening ¼ Cup Sugar	*Sift flour, baking powder, soda and salt into separate mixing bowl. Add English walnuts.* *Place remaining ingredients (butter or shortening and milk should be at room temperature) in the Container in order indicated.* *Put cover on the Container.* *Turn on WARING and run until blended about 3 minutes.* *Pour liquid mixture gradually into the dry ingredients in the mixing bowl. Stir until smooth.* *Then place in greased loaf pan.* *Bake in moderate oven at 350° F. for 1 hour and 20 minutes.* *YIELD: 1 loaf, about 8½ x 4½ x 3 .*

MUFFINS

Variety	To Be Sifted Into Separate Mixing Bowl	To Be Blended in WARING Container	
APPLE	2 Cups Flour 2 t. Baking Powder ½ t. Soda ½ t. Salt	½ Cup Milk 1 Egg ⅓ Cup Shortening	½ Cup Sugar 1 Large, Cored, Diced, Unpeeled Greening Apple
BANANA	2 Cups Flour 2 t. Baking Powder ½ t. Soda ½ t. Salt	¼ Cup Milk 1 Egg 4 T. Shortening	4 T. Sugar 3 Medium size Ripe Bananas
CHEESE	2 Cups Flour 3 t. Baking Powder ½ t. Salt	1 Cup Milk 1 Egg 3 T. Shortening	3 T. Sugar 1 Cup Diced American Cheese
COCONUT	2 Cups Flour 3 t. Baking Powder ½ t. Salt	1 Cup Milk 1 Egg ⅓ Cup Shortening	3 T. Sugar 1 Cup Shredded Coconut
CRANBERRY	2 Cups Flour 2 t. Baking Powder ½ t. Soda ½ t. Salt	½ Cup Milk 1 Egg ⅓ Cup Shortening	½ Cup Sugar 1 Cup Raw Cranberries
DATE	1 Cup Bran 1 Cup Flour 2 t. Baking Powder ½ t. Soda ½ t. Salt	¼ Cup Milk 1 Egg ⅓ Cup Shortening	3 T. Sugar 1 Cup Quartered Pitted Dates
PEANUT	2 Cups Flour 3 t. Baking Powder ½ t. Salt	1 Cup Milk 1 Egg 3 T. Shortening	3 T. Sugar ½ Cup Peanut Butter OR 1 Cup Roasted, Hulled Peanuts

DIRECTIONS

Sift flour, leavening and salt into separate mixing bowl.

• • • • • •

Place the remaining ingredients (butter, or other shortening, and milk should be at room temperature) in the Container in order indicated

Put cover on the Container

Turn on WARING and run until ingredients are blended. (This operation should take between fifteen and thirty seconds. Care should be taken not to exceed this direction.)

• • • • • •

Pour the liquid mixture gradually into the dry ingredients in the mixing bowl. Stir only until mixed—not until smooth

• • • • • •

Place in greased muffin pans

Bake in hot oven at 400° F. for about 25 minutes

• • • • • •

YIELD: 18 ten muffins or 12 medium muffins.

t — teaspoon

T — tablespoon

BAKING SPECIALS

Variety	To Be Sifted into Separate Bowl	To Be Blended	Other Ingredients	SPECIAL DIRECTIONS	GENERAL DIRECTIONS
ORANGE ROLLS	3 Cups Flour	1 Unpeeled, Seedless Orange cut into eighths ½ Cup Evaporated Milk ½ Cup Hot Water ½ Cup Butter ½ Cup Sugar 1 t. Salt 1 Egg • • • • • • 1 Compressed Yeast Cake	About 1½ Cups Flour • • • • • • ½ Cup Butter 1 Cup Light Brown Sugar	*After dough has risen, turn out on lightly floured board* *Knead thoroughly* *Roll into oblong sheet, ¼" thick, 15" wide* *Spread with butter, sprinkle with brown sugar and roll as for jelly roll* *Cut into 1" slices* *Place slices, cut side down, in greased muffin pans* *Brush with butter* *Allow to rise until double.* *Bake 15 minutes at 375°F* *YIELD: 1½ doz*	*Place all ingredients in second column, except yeast, in Container* *Put cover on Container Turn on WARING* *Run until thoroughly blended, from 1 to 3 minutes* *Cool to lukewarm* *Add yeast and run for a few seconds* *Pour into bowl of sifted flour and beat until smooth* *Add the rest of the flour gradually, using enough to form a stiff dough* *Turn out on lightly floured board and knead until smooth and satiny* *Shape into a smooth ball Place in a greased bowl* *Cover and let rise, in a warm place, until double in bulk* t. = teaspoon T. = tablespoon *Use standard measuring cups and spoons and level measurements*
CHEESE SANDWICH LOAF	4 Cups Flour	2 Cups Milk 2 T. Sugar ½ Lb. Diced American Cheese 2 t. Salt • • • • • • 2 Compressed Yeast Cakes	About 2 Cups Flour	*Scald milk* *After dough has risen, turn out on lightly floured board* *Knead thoroughly.* *Mold into loaves and place in two greased bread pans* *Let rise until double* *Bake 50 to 55 minutes at 375°F* *YIELD: 2 loaves*	

BAKING SPECIALS

Variety	To Be Sifted Into Separate Mixing Bowl	To Be Blended in WARING Container	DIRECTIONS
			Sift flour, baking powder and salt into separate mixing bowl
			Place remaining ingredients (which should be at room temperature) in the Container in order indicated
			Put cover on Container. Turn on WARING. Run until blended, 15 to 30 seconds
CHEESE BISCUITS	2 Cups Flour 3 t. Baking Powder ½ t. Salt	¾ Cup Milk 4 T. Fat ½ Cup Diced American Cheese	*Pour into dry ingredients and stir until dough forms soft ball*
			Turn dough out on a lightly floured board and knead slightly. Roll to ½" thickness
			Cut with floured biscuit cutter and place on ungreased baking sheet.
			Bake in hot oven at 425°F. for about 15 minutes
			YIELD: 14 medium size biscuits
PLAIN POPOVERS		¾ Cup Milk 2 Eggs 1 T. Fat	1 Cup Flour ¼ t. Salt
			Place ingredients in Container in order indicated
			Put cover on Container. Turn on WARING
			Run until contents are thoroughly blended, about 20 seconds.
			Bake in greased muffin pans in hot oven, 450°F. for about 45 minutes
			YIELD: 8 popovers.
CHEESE POPOVERS		⅔ Cup Milk 1 Cup Diced American Cheese 2 Eggs	1 Cup Flour ¼ t. Salt

GRIDDLE CAKES AND WAFFLES

In any recipe in this group, 2 cups of biscuit-mix may be used in place of flour, baking powder and salt.

Variety	To Be Sifted into Separate Mixing Bowl	To Be Blended in WARING Container
GRIDDLE CAKES	2 Cups Flour 3 t. Baking Powder ¼ t. Salt	1½ Cups Milk 2 Eggs 2 T. Fat
PLAIN WAFFLES	2 Cups Flour 4 t. Baking Powder ½ t. Salt	1¾ Cups Milk 2 Eggs 6 T. Fat
BACON WAFFLES	2 Cups Flour 4 t. Baking Powder ½ t. Salt	6 Strips Partially Broiled or Fried Bacon to be cut into 1" squares and blended with liquid ingredients of plain Waffle Recipe.
CHEESE WAFFLES	2 Cups Flour 4 t. Baking Powder ½ t. Salt	1 Cup Diced American Cheese — to be blended with liquid ingredients of Plain Waffle Recipe
CHOCOLATE WAFFLES	2 Cups Flour 4 t. Baking Powder ½ t. Salt	2 Squares Melted Unsweetened Chocolate. ½ Cup Sugar — Chocolate and Sugar to be blended with liquid ingredients of Plain Waffle Recipe.
COCONUT WAFFLES	2 Cups Flour 4 t. Baking Powder ½ t. Salt	1 Cup Shredded Coconut — to be blended with liquid ingredients of Plain Waffle Recipe
HAM WAFFLES	2 Cups Flour 4 t. Baking Powder ½ t. Salt	1 Cup Diced, Cooked or Tenderized Ham —to be blended with liquid ingredients of Plain Waffle Recipe.
PEANUT WAFFLES	2 Cups Flour 4 t. Baking Powder ½ t. Salt	1 Cup Roasted Hulled Salted Peanuts to be blended with liquid ingredients of Plain Waffle Recipe.

DIRECTIONS

Sift flour, salt and baking powder into separate mixing bowl.

* * * * * *

Place remaining ingredients (Batter, Milk and Cheese should be at room temperature) in the Container in order indicated.

Put cover on Container.

Turn on WARING and run until contents are blended, 5-15 seconds.

* * * * * *

Pour mixture gradually into sifted flour and stir until smooth.

GRIDDLE CAKES

YIELD: 24 four inch cakes

WAFFLES

YIELD: 6 waffles

Variety	Ingredients	DIRECTIONS
CUCUMBER	1 T. Gelatin 4 T. Cold Water * * * * * * ⅔ Cup Water 2 T. Lemon Juice 2 Cups Sliced, Unpeeled Raw Cucumber ¼ Small Onion 4 Sprays Raw Parsley 1 t. Salt	*Soak gelatin in cold water and melt over hot water* *Place all other ingredients in the Container in order indicated* *Add gelatin* *Turn on WARING and run until contents are thoroughly blended, about 3 minutes.* *Chill until mixture begins to stiffen* *Pour into 3 cup ring mold or into 6 individual molds* *Chill until firm.* *Turn out on plate, garnish with watercress and serve with sour cream dressing or mayonnaise*
PERFECTION	1 T. Gelatin ¼ Cup Cold Water 1 Cup Water 2 T. Lemon Juice ½ t. Salt 3 T. Sugar 1 Cup Coarsely Diced Cabbage 1 Cup Diced Raw Celery 4 Sprays Raw Parsley	*Soak gelatin in cold water and melt over hot water.* *Place other ingredients in the Container in order indicated* *Add gelatin* *Turn on WARING and run until contents are partially blended, about 5 seconds* *Chill until mixture begins to stiffen* *Pour into 3 cup mold* *Chill until firm.* *Serve on lettuce leaves garnished with mayonnaise*
SHRIMP	12 Ounces Cooked or Canned Shrimp 1 T. Gelatin ¼ Cup Cold Water * * * * * * 1½ Cups Evaporated Milk 2 T. Lemon Juice ½ t. Salt 1 t. Paprika 1 t. Dry Mustard 1 Slice Onion (Thin) 2 Sprays Raw Parsley 2 Sprays Raw Celery Leaves * * * * * * ½ Cup Heavy (or Light) Cream	*Remove intestinal vein from shrimps* *Soak gelatin in cold water and melt over hot water* *Place ingredients of second group in the Container in order indicated* *Add gelatin and shrimp* *Turn on WARING and run until contents are thoroughly blended, about 2 minutes.* *Pour into bowl* *Whip cream (see p. 331 and fold into blended mixture* *Place in well oiled quart mold or 6 individual molds* *Chill until firm. Serve on lettuce leaves garnished with mayonnaise*

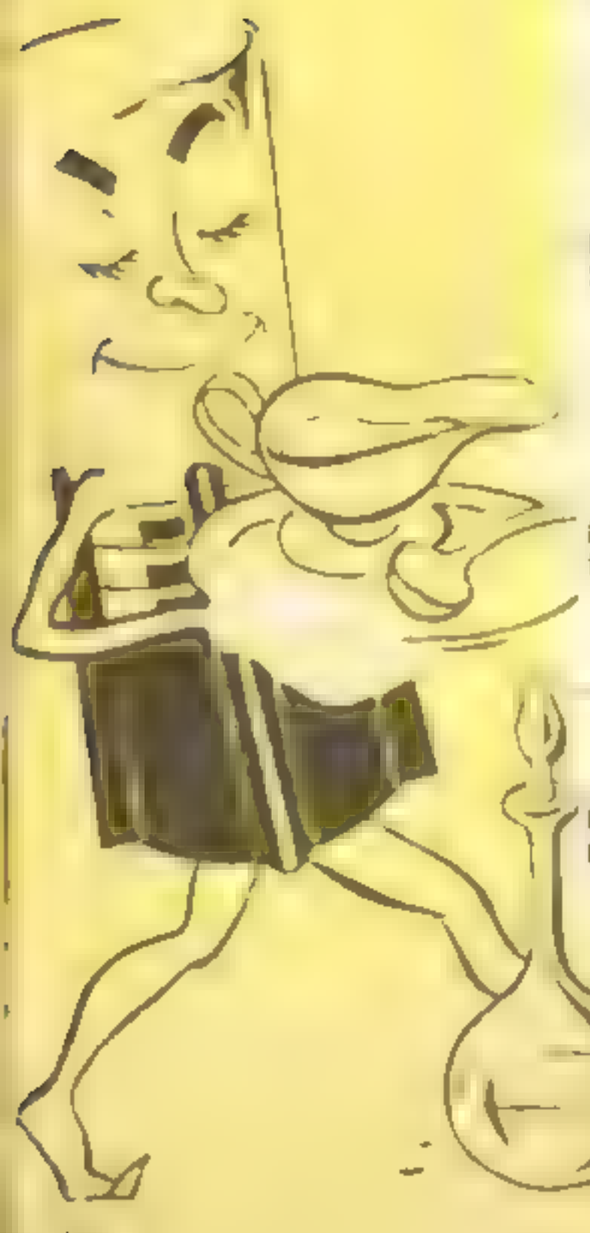
MAYONNAISE DRESSINGS

Variety	Ingredients		DIRECTIONS
MAYONNAISE	1 Whole Egg 2 T. Vinegar or Lemon Juice	½ t. Dry Mustard ½ t. Salt 1 Cup Salad Oil	*Place egg, vinegar or lemon juice and seasonings and ¼ cup of the oil in the container in the order indicated*
CARROT MAYONNAISE	1 Whole Egg 2 T. Vinegar or Lemon Juice ½ t. Dry Mustard	½ Cup Diced Raw Carrots ½ t. Salt 1 Cup Salad Oil	*Turn on WARING* *Run until contents are thoroughly blended, about 5 seconds. (Or not 2 minutes.)*
EGGLESS MAYONNAISE	½ Cup Evaporated Milk 2 T. Vinegar 1 t. Dry Mustard	1 t. Salt 1 Cup Salad Oil	*Add oil gradually and run for a few seconds after last oil is added*
HEALTH MAYONNAISE	1 Whole Egg 2 T. Lemon Juice 1 Small Onion, Finely Minced	1 t. Salt 2 t. Honey 1 Cup Salad Oil	T. = tablespoon *Use standard measuring cups and spoons and level measurements.*
MINERAL OIL MAYONNAISE	1 Whole Egg 2 T. Lemon Juice or Vinegar ½ t. Dry Mustard	½ t. Salt 1 Cup Mineral Oil	

SALAD DRESSINGS

Variety	Ingredients		DIRECTIONS
WARING CLOVER LEAF	1½ Cups Salad Oil ½ Cup Vinegar 1 Small Can Tomato Soup 2 T. Sugar (1½ cups) 1 t. Dry Mustard 1 t. Salt	1 t. Paprika 1 T. Worcestershire Sauce ½ Small White Onion ½ Clove Garlic ½ Raw Green Pepper	*Place all ingredients in the Container in order indicated*
FRENCH	½ Cup Salad Oil ¼ Cup Lemon Juice 1 T. Sugar 1 t. Salt	2 t. Paprika ½ Small White Onion 1 t. Dry Mustard ½ Clove Garlic (if desired)	*Put cover on the Container.*
PARSLEY	1 Cup Salad Oil 3 T. Lemon Juice 1 t. Sugar 1 t. Salt	2 t. Paprika ½ Small White Onion 1 Loosely Packed Cup Raw Parsley	*Turn on WARING and run until contents are thoroughly blended, about 1 minute*
ROQUEFORT	1 Cup Salad Oil 3 T. Lemon Juice 1 t. Sugar 1 t. Salt	1 t. Paprika 1 Small White Onion ½ Cup Roquefort Cheese	*Vinegar or wine vinegar may be used instead of lemon juice in any recipe*
SAVORY	1 Cup Salad Oil ½ Cup Evaporated Milk ½ Cup Canned Tomato Soup 1 T. Lemon Juice	1 Small White Onion ½ Raw Green Pepper 1 t. Salt 1 t. Dry Mustard	*The amount of onion used should be equal to about 1 T. dried onion*
BANANA (Excellent for Citrus Fruit Salads)	½ Cup Pineapple Juice ¼ Cup Salad Oil 1 t. Salt	1 T. Lemon Juice 1 Medium-size Ripe Banana	

SALAD DRESSINGS



Variety	Ingredients	DIRECTIONS
ANCHOVY FRENCH DRESSING	¼ Cup Salad Oil ¼ Cup Wine Vinegar [illegible] 6 Anchovy Fillets [illegible] Sprays Parsley Thyme Leaves or ⅛ t. Powdered Thyme	*Place all ingredients in container in order indicated* *Put cover on Container* *Turn on BLEND* *Run until contents are thoroughly blended, 15 seconds to 1 minute* *YIELD: 1 to 1¼ cups.* *Anchovy dressing is excellent on tomatoes or a tossed green salad* *Cottage Cheese dressing is delicious with julienne raw vegetables.* *Fruit Dressing is good with banana, pear or any bland fruit salad* *Herbal dressing is especially good on head lettuce.* t. = teaspoon T. = tablespoon *Use standard measuring cups and spoons and level measurements.*
COTTAGE CHEESE SALAD DRESSING	¼ Cup Salad Oil 3 T. Lemon Juice ½ Cup Cottage Cheese [illegible] t. Herb Flavored Salt [illegible] Sprays Parsley [illegible] Sprays Water Cress Few Sprays Tender Celery Leaves	
FRUIT FRENCH DRESSING	[illegible] Cup Salad Oil ¼ Cup Lemon Juice [illegible] Cup Drained Canned Apricots or Pineapple ¼ Cup Canned Fruit Juice or [illegible] Cup Fruit [illegible] t. Salt	
HERBAL FRENCH DRESSING	¼ Cup Mineral or Salad Oil ¼ Cup Wine Vinegar ½ Cup Tender Celery Leaves [illegible] Cup Water Cress Leaves Few Sprays Parsley 1 t. Herb Flavored Salt 1 Clove Garlic	

Variety	Ingredients	DIRECTIONS
SOAP FLUFF	1½ Cups Cold Water ½ Cup Chipped or Leftover Soap or Flakes	*Place ingredients in the Container in order indicated.* *Put cover on the Container* • • • • • • *Turn on WARING and run until contents are thoroughly blended.* *Use for shampooing hair, washing woodwork, cleaning upholstery etc.*
FRUIT FLAVORING	½ Cup Water Thin Outer Peel of 1 Orange or 1 Lemon, Diced	*Place ingredients in the Container in order indicated* *Put cover on the Container* • • • • • • *Turn on WARING and run until contents are thoroughly blended* *Store in refrigerator and use as needed for flavoring Puddings, Sauces, Pies, etc*
HERB BOUQUET	½ Cup Water ½ Tightly Packed Cup Raw Celery Leaves ½ Tightly Packed Cup Raw Parsley 1 Small White Onion Other Herbs As Desired	*Place all ingredients in the Container in order indicated.* *Put cover on the Container* • • • • • • *Turn on WARING and run until thoroughly blended.* *Store and use as desired for seasoning Tomato Juice, Soups, Gravies, Roasts, Stews, etc.*
WHIPPING CREAM	1 Cup Heavy (40% fat) Cream OR 1 Cup Light (20% fat) Cream 1 t. Unflavored Gelatin 1 T. Cold water	*Place heavy cream in Container. Blend about 10 seconds.* *[illegible] when cream begins [illegible]* *For whipping light cream, soften gelatin in cold water, melt over hot water. Place with cream in Container.* *For whipping cream to add to ice cream and fruit whips, gelatin need not be added. Blend 20 to 30 seconds.*
SIMPLE SYRUP	1 Cup Water 1 Cup Granulated Sugar	*Place all ingredients in the Container in order indicated* *Put cover on Container.* • • • • • • *Turn on WARING and run until sugar is dissolved* *Store in refrigerator and use as needed for sweetening*

CAKES

Variety	To Be Sifted Into Separate Mixing Bowl	To Be Blended In WARING Container	Baking Directions	DIRECTIONS
STANDARD	2 Cups Flour 3 t. Baking Powder ¼ t. Salt	¾ Cup Milk 2 Eggs ⅓ Cup Shortening 1 t. Vanilla Extract 1 Cup Sugar	375°—30 Minutes Two 8" Layer Pans	*Sift flour, salt and leavening into separate mixing bowl* • • • • • • *Place remaining ingredients (butter, or other shortening, and milk should be at room temperature) in the Container in order indicated* *Put cover on the Container* *Turn on WARING and run until blended, 5 to 15 seconds* • • • • • • *Pour mixture gradually into sifted flour. Stir until smooth.* • • • • • • *Follow "BAKING DIRECTIONS"*
ALMOND TEA CAKES	1⅓ Cups Flour ¼ t. Salt 3 t. Baking Powder	[illegible] Cup Milk [illegible] Egg Whites ½ Cup Salted, Toasted Almonds ½ t. Vanilla ½ t. Almond Extract ⅓ Cup Shortening ¾ Cup Sugar	375° F. 20 Minutes Small Muffin Pans (30)	
CHOCOLATE	1¾ Cups Flour 1½ t. Baking Powder ½ t. Soda ⅛ t. Salt	¾ Cup Milk 2 Eggs ⅔ Cup Shortening 1 Cup Sugar 2 Ounces Unsweetened Baking Chocolate (Melted) 1 t. Vanilla Extract	350°—30 Minutes Two 8" Layer Pans	
BANANA SPICE CUP CAKES	1½ Cups Flour 1½ t. Baking Powder [illegible] ½ t. Salt	3 T. Milk 1 Egg ⅓ Cup Shortening ⅔ Cup Sugar [illegible] Bananas [illegible]	375°—25 Minutes [illegible] Muffin Pans (12)	

BAKED PUDDINGS

Variety	To Be Sifted into Separate Mixing Bowl	To Be Blended in WARING Container	Baking Directions	DIRECTIONS
RAISIN	2 Cups Flour 1 t. Baking Powder ½ t. Soda ½ t. Salt	½ Cup Water 1 Egg ¼ Cup Shortening ½ Cup Brown Sugar 2 Cups Soaked Raisins 1 t. Cinnamon] or ½ t. Nutmeg] Dash Angostura	[illegible] Minutes Large Greased Muffin Pans, 12. Serve with Golden Sauce	*Sift flour, salt and leavening into separate mixing bowl.* • • • • • • *Place remaining ingredients (butter, or other shortening, and milk should be at room temperature) in the Container in order indicated* *Put cover on the Container* *Turn on WARING and run until blended, 15 to 30 seconds* • • • • • • *Pour mixture gradually into sifted flour. Stir until smooth* *Follow BAKING DIRECTIONS.*
PRUNE	1½ Cups Flour 3 t. Baking Powder ½ t. Salt	½ Cup Milk 2 Eggs ¼ Cup Shortening 1 Cup Sugar 1 Cup Soaked Dried Prunes 1 t. Cinnamon ¼ t. Cloves	350°—30 Minutes Large, Greased Muffin Pans, 12. Serve with Pudding Sauce	
APPLE NUT	2 Cups Flour 1 t. Baking Powder ½ t. Soda ½ t. Salt ¼ Cup Unsalted Peanuts (Add after sifting)	1 T. Sour Milk 2 Eggs ½ Cup Shortening 1 t. Vanilla Extract OR 1 t. Angostura 1 Cup Sugar 1 Cup Diced, Green, Unpeeled Cored Apples	375°—30 Minutes Two 8" Layer Pans Serve with Pudding Sauce or Whipped Cream	

COOKIES

Variety	To Be Sifted into Separate Mixing Bowl	To Be Blended in WARING Container	Baking Directions	DIRECTIONS
COCOROONS	1½ Cups Flour ¼ t. Salt 3 t. Baking Powder	1 Egg ¾ Cup Sugar ¼ Cup Milk 1 Cup Shredded Coconut ½ Cup Butter ½ t. Almond Extract	375°—10 Minutes (Until delicately brown) Drop by the teaspoonful on a greased Baking Sheet.	*Sift flour, salt and leavening into separate mixing bowl. Add nuts* *Place remaining ingredients (which should be at room temperature) in the Container in order indicated.* *Put cover on the Container.* *Turn on WARING and run until contents are blended, about 15 seconds.* *Gradually pour mixture into dry ingredients and stir until smooth.* *YIELD: 4 dozen cookies.*
CHOCOLATE COOKIES	2 Cups Flour ½ t. Salt 1 t. Soda • • • 1 Cup Chopped Walnut Meats	1 Egg ½ Cup Sour Milk ½ Cup Shortening 2 Squares Unsweetened Baking Chocolate (Melted) 1 Cup Brown Sugar	350° — 15 minutes. Drop by the teaspoonful onto a greased Baking Sheet Flatten slightly	
FRUITED MOLASSES COOKIES	3 Cups Flour 2 t. Baking Powder ½ t. Baking Soda ½ t. Salt 1 t. Cinnamon ½ t. Nutmeg ½ t. Cloves	½ Cup Sour or Buttermilk ½ Cup Molasses 1 Egg 1 Loosely Packed Cup Seedless Raisins ½ Cup Shortening ½ Cup Brown Sugar	12 minutes. Place on greased Baking Sheet.	*Sift the ingredients of the first column into a separate mixing bowl.* *Place ingredients of the second column (butter or other shortening, milk and eggs should be at room temperature) in the Container in order indicated* *Put cover on the Container.* *Turn on WARING and run until raisins are partially broken up, about 15 seconds.* *Pour mixture into sifted ingredients and stir until smooth* *Chill thoroughly.* *Roll out on lightly floured board to ⅛" thickness.* *Cut into desired shape.* *Follow BAKING DIRECTIONS* *YIELD: 100 small cookies.*

COOKIES

Variety	To Be Sifted into Separate Mixing Bowl	To Be Blended in WARING Container	Baking Directions	DIRECTIONS
OATMEAL HERMITS	1½ Cups Flour 2 t. Baking Powder ½ t. Salt 1 t. Cinnamon 1 Cup Chopped Nut Meats	½ Cup Milk 2 Eggs ½ Cup Shortening 2 Cups Raw Oatmeal ½ t. Vanilla Extract 1 Cup Sugar 1 Cup Raisins	350° 10 Minutes Drop by the teaspoonful onto greased Baking Sheet	*Sift flour, salt and leavening into separate mixing bowl. Add nuts.* • • • • • • *Place remaining ingredients (butter, or other shortening, milk and eggs should be at room temperature) in the Container in order indicated* *Put cover on the Container* *Turn on WARING and run for approximately 15 seconds* • • • • • • *Pour mixture gradually into sifted ingredients and stir until smooth.* *Follow BAKING DIRECTIONS* *YIELD: 4 dozen 2-inch cookies*
MINCE MEAT COOKIES	2 Cups Flour 2 t. Baking Powder ½ t. Salt	⅔ Cup Hot Milk 1 Pkg. Mince Meat 1 Cup Fat 1 Cup Sugar 1 t. Vanilla 1 Egg	375° 12 Minutes Drop by the teaspoonful onto greased Baking Sheet.	*Sift flour and leavening into separate mixing bowl* *Scald milk. Cut mince meat into 8 pieces.* *Place all ingredients in second column, except the egg, in the Container, in the order indicated* *Put cover on Container. Turn on WARING. Run until contents are thoroughly blended, about 15 seconds. Cool.* *Add egg and blend for another 5 seconds.* *Pour mixture gradually into sifted ingredients. Stir until smooth.* *Follow BAKING DIRECTIONS.* *YIELD: 5 dozen 2-inch cookies.*

SAUCES AND TOPPINGS

Variety	Ingredients	SPECIAL DIRECTIONS	DIRECTIONS
CHOCOLATE MARSHMALLOW	½ Cup Hot Coffee 1 Cup Cocoa 16 Marshmallows 1 Cup Confectioners Sugar Dash Angostura	Serve immediately or store in refrig erator until needed	Butter when specified should be at room temperature Place all ingredients in the Container in order indicated Put cover on the Container Turn on WARING and run until con tents are thoroughly blended, about 5 seconds for other recipes, 3 min utes for grape-lemon curd.
GOLDEN	1 Egg 4 T Butter 1 t Vanilla Extract 1 Cup Confectioners Sugar	If stacked icing is desired, pour blended ingredients into separate mixing bowl and stir in two cups of Confectioners sugar.	
STRAWBERRY	1 Pint Fresh Straw berries 2 Cup Confectioners Sugar 1 Cup Quick Frozen Strawberries	Serve immediately or chill in refrig erator until ready to use	Follow "Special Directions" for each recipe SERVES: 4 to 6 persons
GRAPE LEMON CURD	½ Cup Grape Juice 1 Unpeeled Lemon (cut into sixths) 4 T Butter 2 t Corn Starch 2 Egg Yolks 1 Cup Sugar	Cook over low flame until thick, about 5 minutes Chill and use as filling for sponge cup cakes or topping for thick layer of plain cake	t. = teaspoon T = tablespoon Use standard measuring cups and spoons and level measurements

PUDDING SAUCES

Variety	Ingredients	SPECIAL DIRECTIONS	DIRECTIONS
CHERRY WINE SAUCE	1 Cup Cherry Preserves ½ Cup Port Dash Angostura	*Blend about 15 seconds.* *Serve over puddings, cake, fruit, ice cream.* *YIELD: 1 Pint.*	*Place all ingredients in Container. Put cover on Container. Turn on WARING.*
HONEY BUTTER	½ Lb. Butter ½ Cup Honey ½ t. Salt	*Blend about 30 seconds.* *Serve with waffles, pancakes, hot breads.* *YIELD: 1 Cup*	*Run until contents are thoroughly blended. See special directions for blending time*
MARMALADE WINE SAUCE	1 Cup Orange Marmalade ½ Cup Port	*Blend about 15 seconds.* *Serve with puddings, cake, fruit.* *YIELD: 1½ Cups*	*Serve cold*
WINE BUTTER	½ Cup Port ½ Lb. Butter 1 Cup Confectioners Sugar Dash Angostura	*Blend about 30 seconds.* *Serve with hot desserts.* *YIELD: 1 Cup*	
CIDER SAUCE	1 Cup Cider or Apple Juice 1 Tbsp. Yellow Peel of 1 Lemon 1 T. Lemon Juice * * * * * * * ½ Cup Sugar 2 T. Raisins 1 T. Cornstarch	*Place egg yolks of first group in Container. Put cover on Container. Turn on WARING.* *Run until contents are completely blended, about 2 minutes* *Place ingredients of second group in Container.* *Run until contents are partially blended, about 20 seconds* *Pour into sauce pot and cook, stirring constantly, until sauce thickens* *YIELD: 1 Pint.*	
LEMON SHERRY SAUCE	1 Cup Water 2 T. Lemon Juice 1 tsp. Yellow Peel of 1 Lemon ½ Cup Sugar 1 T. Corn Starch 2 T. Butter ¼ t. Salt ½ Cup Sherry	*Place all ingredients except sherry in Container.* *Put cover on Container. Turn on WARING.* *Run until contents are thoroughly blended, about 1 minute* *Pour into sauce pot and bring to boil and cook, stirring constantly, until sauce thickens* *Just before serving, stir in sherry* *YIELD: 1¼ Cups.*	
ZABAGLIONE SAUCE	4 Egg Yolks 2 T. Sugar ¼ t. Salt ½ Cup Sherry	*Place egg yolks, sugar, salts and sherry in the Container.* *Put cover on Container. Turn on WARING.* *Run until eggs are light and fluffy, about 20 seconds.* *Cook, over hot water, stirring constantly, until sauce thickens.* *YIELD: 1 Cup*	

PIES

Variety	Ingredients	DIRECTIONS
APPLE CUSTARD	⅔ Cup Milk 2 Eggs ⅔ Cup Sugar ½ t. Angostura 2 Unpeeled Cored Apples cut into eighths • • • • • • 1 Pastry Shell	*Place all ingredients in the Container in order indicated. Milk and Eggs should be at room temperature.* *Put cover on the Container.* *Turn on WHIRING and run until thoroughly blended* • • • • • • *Pour into partially baked pastry shell* • • • • • • *Bake in moderate oven at 325°F. for 40 minutes*
CHEESE TORTE	½ Cup Light Cream 2 Eggs 2 Cups Cottage Cheese 2 T. Lemon Juice 1 t. Vanilla Extract ⅔ Cup Sugar ¼ t. Salt 3 T. Flour • • • • • • 1 Cup Zwieback, Dried Bread or Graham Cracker Crumbs 4 T. Butter 2 T. Sugar	*Place all ingredients of the first group in the Container in order indicated. (Cream, eggs, cheese and butter should be at room temperature.)* *Put cover on the Container* *Turn on WHIRING and run until thoroughly blended.* • • • • • • *Blend all ingredients of second group thoroughly with spoon* *Put firmly in bottom of 9" layer cake pan.* • • • • • • *Pour in liquid mixture.* • • • • • • *Bake in moderate oven at 350°F. for about one hour.*
RAISIN-GRAPE SUPREME	2 Cups Seedless Raisins ½ Cup Water • • • • • • 1 T. Gelatin 4 T. Cold Water • • • • • • ½ Cup Honey ¼ Cup Grape Juice 1 T. Lemon Juice • • • • • • 1 Cup Heavy Cream	*Simmer raisins in water in covered pan for five minutes.* • • • • • • *Soak gelatin in cold water and add to raisins* • • • • • • *Place all ingredients, EXCEPT CREAM, in the Container in order indicated* *Turn on WHIRING and run until contents are thoroughly blended.* • • • • • • *Chill in refrigerator until mixture begins to stiffen* • • • • • • *Whip cream and fold into blended ingredients* *For whipping cream, see* *Pour into Baked Pie Shell or Graham Cracker Crumb Crust. Chill in refrigerator for 3 hours.* *Garnish with whipped cream if desired*

Variety	Ingredients	DIRECTIONS
PRUNE CREAM	1 Cup Milk ½ Cup Prune Juice 3 Eggs 1 t. Vanilla Extract ¼ Cup Flour 1 Cup Sugar ½ t. Salt 1 Cup Stewed Pitted Prunes ⅛ t. Cinnamon • • • • • • 1 Pastry Shell ½ Pint Heavy Cream	*Place all ingredients of first group in the Container in order indicated* *Put cover on the Container* *Turn on WARING and run until contents are thoroughly blended.* • • • • • • *Pour into partially baked pastry shell.* • • • • • • *Bake in moderate oven at 325°F. for 40 minutes.* *Serve garnished with whipped cream.* *For whipping cream, see p. 33.*
PECAN	½ Cup Evaporated Milk 3 Eggs ½ Cup Dark Corn Syrup ⅜ t. Salt 1 t. Vanilla Extract 1 Cup Sugar 1 Cup Shelled Pecans	*Place all ingredients in the Container in order indicated.* *Put cover on the Container.* *Turn on WARING and run until contents are thoroughly blended.* • • • • • • *Line a 9" pan with pastry.* *Pour in filling* • • • • • • *Place in hot oven at 425°F. Bake for 10 minutes and then reduce oven to 325° and bake until filling is firm (about 50 minutes).*
PUMPKIN FLUFF	¾ Cup Undiluted Evaporated Milk Thin Yellow Peel of 1 Orange 2 Eggs ½ Cup Orange Juice 1 Cup Cooked Pumpkin ⅗ Cup Brown Sugar or Honey ½ t. Nutmeg ¼ t. Ginger ½ t. Salt • • • • • • 1 9" Pastry Shell	*Place milk and orange peel in Container.* *Put cover on Container, Turn on WARING.* *Run until thoroughly blended, about 3 minutes.* *Place remaining ingredients in Container.* *Put cover on Container, Turn on WARING.* *Run until contents are thoroughly blended, about 5 seconds.* *Pour into unbaked 9" pie crust shell.* *Bake for 40 minutes at 425°F.* *YIELD: 1 9" pie.*

UNUSUAL DESSERTS

Variety	Ingredients	DIRECTIONS
APPLE SAUCE	1 Cup Water 2 Cups Dried, Cored, Unpeeled Eating Apples ½ Cup Sugar	*Place all ingredients in the Container in order indicated. Put cover on the Container. Turn on WARING and run until contents are thoroughly blended* *Pour into saucepan and bring to boil. Serve hot or cold* • • • • • • *For variation 1 cup soaked dry apricots, 1 cup raw rhubarb or ½ cup raw cranberries may be blended with other ingredients.* *SERVES: 4*
APRICOT CUSTARD	1 Pint Milk ½ Cup Soaked, Dried Apricots ½ Cup Sugar 2 Eggs	*Place all ingredients in the Container in order indicated. Put cover on the Container. Turn on WARING and run until contents are thoroughly blended, about 10 seconds. Place in greased custard cups.* *Put in a pan of hot water and bake in moderate oven at 350° F for about 25 minutes. Serve either hot or cold, topped with whipped cream* *SERVES: 4*
CARAMEL RICE PUDDING	1 Cup Milk 1 Egg 1 Cup Raisins 2 T. Brown Sugar ½ t. Salt 1 Cup Cooked Rice	*Place all ingredients EXCEPT RICE in the Container in order indicated. Put cover on the Container. Turn on WARING and run until contents are thoroughly blended, about 2 minutes.* *Mix with rice in separate mixing bowl and place in four greased custard cups.* • • • • • • *Place in pan of hot water and bake 30 minutes in moderate oven at 350°F* *SERVES: 4*
ORANGE BREAD PUDDING	1 Cup Orange Juice Thin Yellow Peel of ½ Orange 2 Eggs ½ Cup Sugar ½ Cup Butter ½ t. Salt 1½ Cups Hot Evaporated Milk 2 Cups Soft Bread Cubes 1 Cup Raisins	*Place orange juice and orange peel in Container* *Put cover on Container. Turn on WARING* *Run until thoroughly blended, about 2 minutes* *Add other ingredients in first group. Put cover on Container Turn on WARING. Blend for about 5 seconds.* *Pour hot milk over bread cubes and raisins. Stir in blended mixture. Place in a greased 1 qt. casserole. Set in a pan of hot water. Bake in a moderate oven, 325° F., for one hour.* *YIELD: 1 Quart*

Variety	Ingredients	DIRECTIONS
APRICOT BAVARIAN CREAM	1 T. Gelatin ¼ Cup Cold Water 1½ Cups Unsweetened Pineapple Juice ⅔ Cup Soaked, Dried Apricots 4 T. Sugar 1 Cup Heavy Cream	*Soak gelatin in cold water and melt over hot water* *Place all ingredients EXCEPT CREAM in the Container in order indicated. Run until contents are thoroughly blended, about 1 minute* *Pour into bowl and chill until mixture begins to stiffen* *Whip cream and fold carefully into mixture. Pour into molds Chill until firm* *Serve garnished with whipped cream and chopped almonds.* *For whipping cream, see p. 33.* *SERVES: 6*
PRUNE MOLD	1 T. Gelatin ¼ Cup Cold Water 1 Cup Milk 1 T. Lemon Juice 1 T. Honey Dash Salt Dash Angostura 1 Cup Soaked Pitted Dried Prunes ½ Cup Heavy Cream	
PEACH	1 Cup Hot Canned Peach Juice 1 Package Orange Gelatin 1 Cup Drained Canned Peaches ¼ Cup Port	*Dissolve Gelatin in hot liquid. Cool to lukewarm* *Place all ingredients in the Container in order indicated* *Put cover on the Container.* *Turn on WARING and run until contents are thoroughly blended* *Pour into a loaf pan and chill until firm.* *Cut in squares and serve in sherbet glasses.* *YIELD: 1 Pint.*
STRAWBERRY	1 Pkge. Strawberry Gelatin 1 Cup Hot Water 2 T. Lemon Juice 1 Pint Fresh Strawberries ½ Cup Sugar OR 8 Ozs. Quick Frozen Strawberries	

SHERBETS

Variety	Ingredients	DIRECTIONS
APRICOT.	½ T. Gelatin 4 T. Cold Water • • • • • • 1 Cup Milk or Light Cream ½ Cup Soaked Dried Apricots ½ Cup Sugar	*Soak Gelatin in cold water and melt over hot water.* • • • • • • *Place all ingredients in the Container in order indicated. Add Gelatin* *Turn on WHIPPING and run until contents are thoroughly blended, about 1 minute.* • • • • • • *Place in refrigerator tray and freeze, stirring occasionally.* *SERVES: 4*
CRANBERRY	1½ Cups Water ½ Pound Raw Cranberries 1 Cup Sugar • • • • • • ½ T. Gelatin 4 T. Cold Water ½ Cup Lemon Juice	*Cook cranberries in water until soft* • • • *Place cooked cranberries in the Container. Run for 2 minutes* *Strain. Return to the Container* • • • • • • *Soak Gelatin in cold water and melt over hot water.* *Add Gelatin and all other ingredients. Run until contents are thoroughly blended, about 10 seconds* • • • • • • *Cool. Place in refrigerator tray and freeze, stirring occasionally* *SERVES: 4*
PINEAPPLE.	½ T. Gelatin 4 T. Cold Water • • • • • • 1 Cup Milk or Light Cream 1 Cup Diced Canned Pineapple 2 T. Lemon Juice 3 T. Sugar	*Soak Gelatin in cold water and melt over hot water* • • • • • • *Place all ingredients in the Container in order indicated. Add Gelatin* *Run until contents are thoroughly blended, about 1 minute.* *Place in refrigerator tray and freeze, stirring occasionally* *SERVES: 4*
APPLE-GINGER	½ T. Gelatin 4 T. Cold Water • • • • • • 2 Cups Applesauce 1 T. Preserved Ginger, or ½ t. Dry Ginger 1 T. Lemon Juice	*Soak Gelatin in cold water and melt over hot water* *Place all ingredients in the Container in order indicated. Add Gelatin* *Run until contents are thoroughly blended, about 2 minutes.* • • • • • • *Place in refrigerator tray and freeze, stirring occasionally.* *SERVES: 6*

ICE CREAM

BANANA

½ Cup Milk
16 Marshmallows
Dash of Salt
3 Medium size Ripe Bananas
1 T. Lemon Juice
2 T. Sugar

• • • • • •

1 Cup Whipping Cream

COFFEE

1 Cup Cold Coffee
24 Marshmallows
1 t. Vanilla Extract
Dash of Salt
Dash Angostura

• • • • • •

1 Cup Whipping Cream

CHOCOLATE

1½ Cups Condensed Milk
1 Cup Water
2 Squares Melted Chocolate

• • • • • •

1 Cup Whipping Cream

DIRECTIONS

Place all ingredients except whipping cream in the Container in order indicated

Put cover on the Container

Turn on WARING and run until contents are thoroughly blended, about 1 minute

Place contents in refrigerator tray and freeze until mushy

• • • • • •

Place whipping cream in the Container (Light cream may be successfully whipped in the blender, see p. 33).

Put cover on the Container

Turn on WARING and run until desired consistency is attained, about 10 seconds

Turn off blender immediately.

• • • • • •

Add whipped cream to partially frozen mixture and stir smooth

Place in refrigerator tray and freeze, stirring once or twice

Turn refrigerator to lower temperature setting if desired

BUTTER PECAN

1 Cup Evaporated Milk
1 Package Vanilla Ice Cream Mix
3 T. Dark Brown Sugar
½ Cup Salted, Roasted Pecans
1 t. Vanilla Extract

• • • • • •

2 Cups Whipping Cream

COCONUT

1 Cup Milk
1 Package Vanilla Ice Cream Mix
1 Loosely Packed Cups Shredded Coconut
3 Drops Almond Extract

• • • • • •

1 Cup Whipping Cream

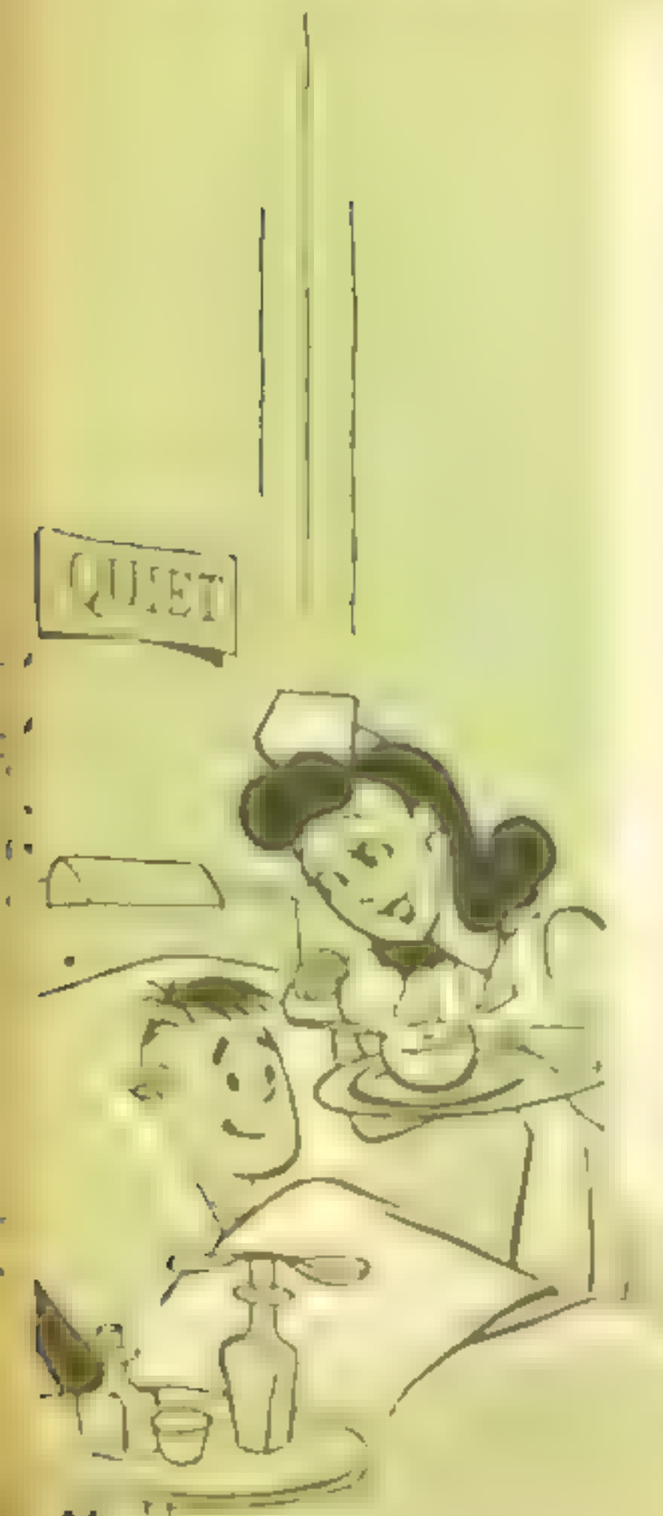
STRAWBERRY

½ Cup Milk
16 Marshmallows
Dash of Salt
1 Pint Fresh Strawberries OR
1 Cup Quick Frozen Strawberries
½ Cup Sugar

• • • • • •

1 Cup Whipping Cream

TO HOSPITAL DIETITIANS AND NURSES



THE WARING BLENDOR has proven itself to be of invaluable assistance to hospital dietitians and to professional and practical nurses in private practice in preparing tube feedings, blended fruits and vegetables and special diets. For special cases any prescribed diet can be quickly and easily prepared.

In general hospital food service the Blendor is being used in both diet kitchens and serving pantries for speedily and efficiently preparing egg nogs, malted milks, cereal beverages, etc.

In most of vegetables cooked on the Waring Blendor the great bulk of the cellulose is so thoroughly blended that many doctors make no distinction between a puréed and a blended product.

Many of the recipes on the preceding pages and the dietitian's recipe book folder will be useful in feeding convalescents and the aged.

Sincerely yours,

Mabel Steiner

Home Economist

MAIN COURSE, TUBE FEEDINGS

The Waring Blendor is an invaluable aid in preparing adequate and varied tube feeding diets. Any combination of fruits, vegetables or of meat and vegetables can be prepared according to the doctor's prescription, depending on the type of case. For patients who need a general diet, the following combinations have been found practical:

Variety	GENERAL DIRECTIONS	Variety
LAMB 6 Oz. (¾ Cup) Clear Meat Broth 4 Oz. (1 Cup) Diced Rare Broiled Lamb Chop Centers (No Fat) 2 Oz. (¼ Cup) Sliced Cooked String Beans 3 Oz. (⅓ Cup) Diced Cooked Potatoes	*Place all ingredients in the Container in the order indicated* *Put cover on Container* *Turn on # 4 HIGH.* *Run until contents are completely blended, from one to two minutes* *Seasonings may be added if desired* *If, in any case, the mixture is too thick to flow freely, an extra tablespoon or two of liquid may be added* *YIELD: 1 feeding*	**SWEETBREADS** 6 Oz. (¾ Cup) Milk 4 Oz. (⅔ Cup) Parboiled Sweetbreads 2 Oz. (¼ Cup) Sliced Cooked Carrots Few Sprays Parsley
LIVER 4 Oz. (½ Cup) Beef Broth 4 Oz. (½ Cup) Diced Cooked Liver 2 Oz. (¼ Cup) Diced Cooked Carrots 2 Oz. (¼ Cup) Sliced Cooked String Beans 2 Oz. (¼ Cup) Cooked Rice	**SPECIAL DIRECTIONS** *In preparing the recipes for tube feeding, only the tender portions of meat should be used, discarding tough membranes, and care should be taken to omit fat, since it has a tendency to thicken as it cools.*	**CHICKEN** 6 Oz. (¾ Cup) Chicken Broth 4 Oz. (½ Cup) Diced Cooked Chicken 3 Oz. (½ Cup) Cooked Green Peas
OYSTER 6 Oz. (¾ Cup) Tomato Juice 4 Oz. (½ Dozen) Raw Oysters 4 Oz. (½ Cup) Cooked Swiss Chard Few Sprays Celery Leaves		**RAW BEEF** 6 Oz. (¾ Cup) Beef Broth 4 Oz. (½ Cup) Raw Watercress Leaves 4 Oz. (½ Cup) Raw Beef, Chopped or Cubed

FIVE COURSE DINNER, TUBE FEEDING

In cases in which the patient, because of oral surgery, fractured jaw or other causes, is confined to a liquid diet but is not limited as to the type of food consumed, it has been found possible to prepare quickly and easily an extremely varied diet.

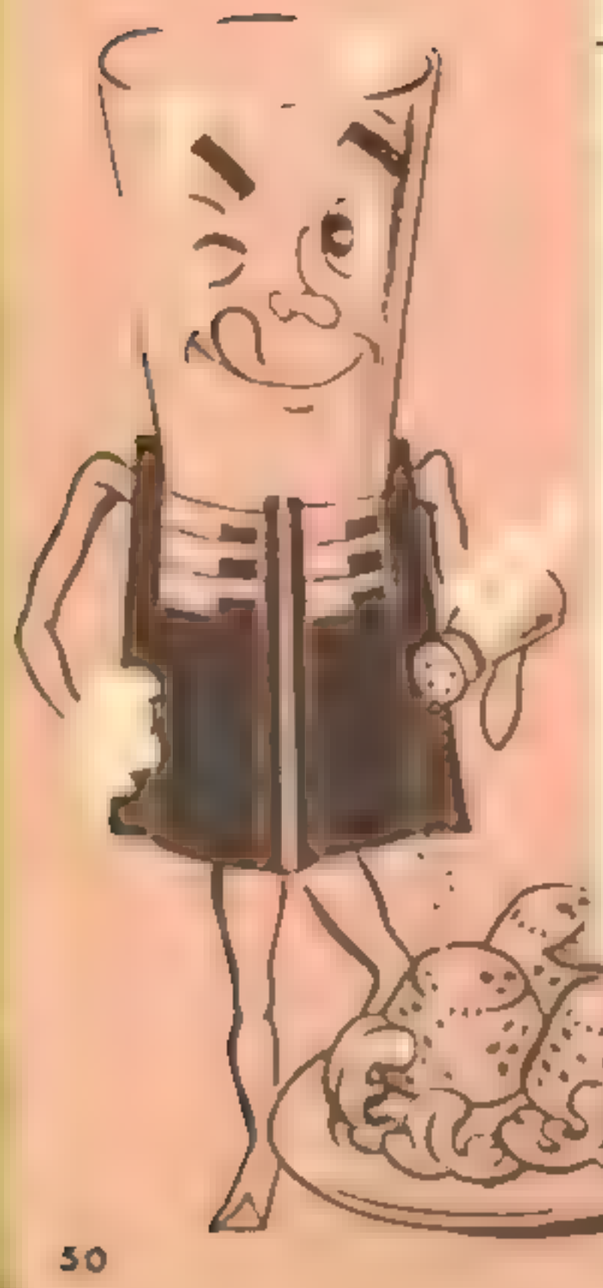
For example, in a case of a multiple fractured jaw, a girl in her teens was fed daily through her glass tube a regular five course dinner. Although the menu was varied each day, the following meal is typical:

Course	Ingredients	DIRECTIONS
CANTALOUPE NECTAR	½ Cup Orange Juice ½ Cup Diced Ripe Cantaloupe	Place all ingredients in Container in order indicated *Put cover on Container* *Turn on BLENDING* *Run until contents are thoroughly blended* *YIELD: 1 serving*
CHICKEN BISQUE	3 T. Evaporated Milk or Cream 3 T. Chicken Broth ¼ Cup Cooked Chicken ¼ t. Salt Dash Pepper Sprig Raw Greens Leaves	
LAMB AND VEGETABLES	See page 47.	
MIXED GREEN SALAD	1 T. French Dressing ½ Cup Tomato Juice 2 Large Escarole Leaves ¼ Cup Tender Spinach Leaves Few Sprays Parsley	**SPECIAL DIRECTIONS** *Pour soup in sauce pot. Heat over low heat, stirring constantly.* t. = teaspoon T. = tablespoon
STRAWBERRY ICE CREAM	½ Cup Fresh Strawberry Ice Cream 2 T. Milk	

Variety	Ingredients	DIRECTIONS
RAW LIVER FEEDING	4 Ounces Tomato Juice, Pineapple Juice, Milk, Consomme or Broth 1 Cup Raw Diced Fresh Calves, Beef, or Chicken Liver	*Place all ingredients in the Container in the order indicated* *Put cover on the Container.* *Turn on WARING and run until contents are thoroughly blended, about 1 minute* *If a thicker consistency is desired, add more liver.*
HIGH CALORIC FEEDING	½ Cup Light Cream ½ Cup Ice Cream 1 Heaping T. Chocolate Flavored Malted Milk Powder 1 Egg 1 Medium Size Ripe Banana	*Place all ingredients in the Container in order indicated* *Put Cover on the Container.* *Turn on WARING and run until contents are thoroughly blended, about 30 seconds.*
HIGH PROTEIN FEEDING	6 Ounces Milk 1 Egg 1 Cup Dried Apricots (cooked) 2 Heaping Tablespoons Dried Cottage Cheese 1 Cup Chopped Beef	*Place all ingredients in the Container in the order indicated* *Put cover on the Container.* *Turn on WARING and run until contents are thoroughly blended, about 3 minutes* *NOTE: 1 cup hot cooked dried Lima Beans may be added to this recipe to materially increase the protein content of this feeding*
GELATIN ENERGY FEEDING	6 Ounces Fruit Juice or Water 2 T. Pure Honey OR 6 Ounces Fruit or Tomato Juice or Water 1 T. Unflavored Gelatin	*Place all ingredients in the Container in the order indicated.* *Put cover on the Container.* *Turn on WARING and run until contents are thoroughly blended, about 10 seconds*

The WARING is enthusiastically used by stomach specialists for the preparation of all MAYO SANATORIUM ulcer diet feedings. Many of the Recipes on the preceding pages — MILK SMOOTHIES, BISQUES, SOUFFLES and CUSTARD DESSERTS — will prove helpful in serving the diets of those who require supplemental or between meal feedings.

MEAT AND VEGETABLE TIMBALES



While blended vegetables and meats are acceptable to the small child and to the very sick person, a timbale is a very attractive and appetizing way to serve meat, fish, poultry or vegetables to the older child and the convalescent patient. The following are a few of the combinations which are accepted with delight by children and invalids.

Variety	DIRECTIONS	Variety
CARROT 2 Oz. (¼ Cup) Milk 1 Egg Few Sprays Celery Leaves ¼ t. Salt 1 Cup Strained Cooked Carrots	*Place all the ingredients in the Container in the order indicated.* *Put cover on Container* *Turn on MIXING.* *Run until contents are thoroughly blended, from 30 seconds to 2 minutes.* *Pour into greased custard cups or ramekin dishes* *Set in a pan of hot water.* *Bake in a moderate oven, 350°F., for about 25 minutes or until a knife inserted in the center will come out dry.* *Turn out on serving dish, or serve in baking dish* *Serve with white sauce, cheese sauce hollandaise sauce, Bernaise sauce or any suitable sauce* *YIELD: About 1 cup, 1 large or 2 small servings*	**LIVER** 2 Oz. (¼ Cup) Evaporated Milk 1 Egg 1 Thin Slice Onion Few Sprays Celery Leaves ¼ t. Salt 4 Oz. (1 Cup) Diced Cooked Liver
CHICKEN 2 Oz. (¼ Cup) Chicken Broth 1 Egg 1 Oz. (⅓ Cup) Sauteed Diced Mushrooms ½ Cup Diced Cooked Potatoes 1 Spray Parsley ¼ t. Salt 4 Oz. (½ Cup) Diced Cooked Chicken		**SPINACH** 1 Egg ¼ Cup Raw Watercress Leaves ½ t. Salt 1 Cup Cooked Spinach, Well Drained
FISH 2 Oz. (¼ Cup) Chicken Broth 1 Egg Few Sprays Parsley ¼ t. Salt 1 Cup Flaked Cooked White Fish or ¾ Cup Cooked Shrimp		**SWEET POTATO** ¼ Cup Evaporated Milk or Cream 2 Strips Cooked Diced Bacon ¼ t. Salt 1 Egg 1 Cup Diced Cooked Sweet Potato

BETWEEN MEALS NOURISHMENT

Variety	Ingredients	SPECIAL DIRECTIONS	GENERAL DIRECTIONS
CHOCOLATE-LIVER MALTED MILK	½ Cup Milk 2 Oz. (¼ Cup) Dried Raw Liver ¼ Cup Chocolate Syrup*	*Remove all tough membranes from liver. Blend one to two minutes*	*Place all ingredients in Container in order indicated* *Put cover on Container* *Turn on WARING* *Run until contents are thoroughly blended, about 30 seconds.* *YIELD: 1 serving.*
ORANGE EGG NOG	½ Cup Orange Juice 2 t. Lemon Juice 1 T. Sugar 1 Egg	*Flavor with 1 T. sherry or part of cocktail*	
EGG NOG	½ Cup Milk 1 t. Sugar 1 Egg	*A dash of cinnamon nutmeg on custard or a T. of cooked dried fruit or fruit preserves is also very good*	
ORANGE CREAM	4 Oz. (½ Cup) Orange Juice 2 Oz. (¼ Cup) Ice Cream		
ORANGE FREEZE	4 Oz. (½ Cup) Orange Juice 4 Oz. (½ Cup) Orange Ice		
POSTUM MILK SHAKE	½ Cup Cold Milk 1 T. Instant Postum 1 t. Sugar 2 Oz. (¼ Cup) Vanilla Ice Cream or Cream	*A dash of cinnamon gives added flavor* *Instead of vanilla ice cream, chocolate or butterscotch ice cream may be used.*	
*HIGH VITAMIN COCKTAIL	4 Oz. Grapefruit Juice 2 t. Brewer's Yeast Powder 5 Drops Halibut Oil and Vitamin [illegible]		

*The Chocolate flavor covers the taste of the liver very nicely and makes it possible to give liver to patients who might otherwise object.

* Sears, J. R., and Jansen, M. M.: A Nutrition Study, N. Y. State Journ. Med., March 15, 1940

TO MOTHERS OF YOUNG CHILDREN

THE CHILDREN'S RECIPES on the following pages are offered to mothers of young children.

With the aid of the WARING BLENDOR it is possible for mothers to speedily and efficiently prepare soups, milk beverages, fruit beverages, blended fruits, blended vegetables, scientifically blended combinations of meats and vegetables, and a wide variety of custards, blanc manges, rennet desserts, etc.

These recipes are in line with the recommendations of pediatricians for the feeding of children. They do not, however, presume to prescribe the type of food that should be given to a child. The recipes should be used as directed by the child's physician.

The Waring Blendor is an invaluable aid to mothers of young children. These same recipes may be used for feeding aged people and convalescents.

Sincerely yours,

Mabel Steiner

Home Economist

CHILDREN'S MILK SMOOTHEES

Variety	Ingredients
APRICOT	½ Cup Milk ¼ Cup Cooked Apricots and Juice
BANANA	½ Cup Milk ½ Medium-sized Ripe Banana 1 t. Molasses
CANTALOUP	½ Cup Milk ¼ Cup Diced Cantaloup
CARROT	½ Cup Milk ¼ Cup Shred Raw Carrots
LIVER	½ Cup Evaporated Milk ¼ Cup Sieved Raw or Cooked Liver 1 T. Chocolate Malted Milk Dash of Salt
PEACH	½ Cup Milk ¼ Cup Canned Peaches
PEANUT	½ Cup Milk 1 T. Peanut Butter

DIRECTIONS
Place milk in glass Container
Add other ingredients
Put cover on Container
Turn on WARING and run until contents are thoroughly blended from 20 seconds to 3 minutes.
YIELD- About 6 ounces
t. = teaspoon T. = tablespoon
Use standard measuring cups and spoons.
Measure accurately
Undiluted evaporated milk may be used in any of these recipes. Its use helps to increase the milk solid contents of the smoothees

Variety	Ingredients
PINEAPPLE	½ Cup Milk ¼ Cup Diced Raw or Canned Pineapple
POSTUM	½ Cup Milk 1 t. Instant Postum 1 t. Sugar or Honey
PRUNE	½ Cup Milk 2 Pitted Soaked Prunes 2 T. Prune Juice 1 t. Molasses
SPINACH	½ Cup Milk ¼ Cup Tightly Packed Cooked or ½ Oz. (1 inch cube) Quick Frozen Spinach
STRAWBERRY	½ Cup Milk ½ Cup Strawberries 1 T. Sugar or ¼ Cup Quick Frozen Strawberries
TOMATO	½ Cup Evaporated or Rich Milk ½ Cup Raw Diced or Canned Tomato
YELLOW TURNIP	½ Cup Milk 2 T. Diced Yellow Turnip

CHILDREN'S FRUIT NECTARS

Variety	Ingredients
APRICOT	½ Cup Orange Juice ¼ Cup Soaked Dried Apricots 2 t. Sugar or Honey
AVOCADO	½ Cup Pineapple Juice ¼ Cup Diced Peeled Avocado Dash of Salt
BANANA	½ Cup Grape Juice ½ Ripe Peeled Banana
BLUEBERRY	½ Cup Water 1 t. Lemon Juice ½ Cup Blueberries (strain if desired)
CANTALOUP	½ Cup Orange Juice 1 t. Lemon Juice ½ Cup Diced Cantaloup
CHERRY	½ Cup Canned Cherry Juice ½ Cup Canned Cherries 1 t. Lemon Juice
FRUIT SALAD	½ Cup Pineapple Juice ½ Cup Canned Fruit Salad

DIRECTIONS

Put the ingredients in the glass container.

Put cover on Container.

Turn on WARING and run until completely blended, from 20 seconds to 1 minute

YIELD: About 6 ounces.

t. = teaspoon

T. = tablespoon

Use standard measuring cups and spoons.

Measure accurately

Quick frozen fruits need not be defrosted before using

Variety	Ingredients
HONEY DEW MELON	½ Cup Orange Juice 1 t. Lemon Juice ½ Cup Diced Melon
PEACH	½ Cup Canned Peach Juice 1 t. Lemon Juice ¼ Cup Canned Peaches
PEAR	½ Cup Pineapple Juice ½ Cup Diced Canned Pears
PERSIMMON	½ Cup Orange Juice ½ Cup Diced Peeled Persimmon
PRUNE	½ Cup Apple Juice 2 Soaked Dried Pitted Prunes 1 t. Molasses
STRAWBERRY	½ Cup Orange Juice ½ Cup Strawberries 2 t. Sugar or ¼ Cup Quick frozen Strawberries
VITAMINADE	1 Egg 1 T. Lemon Juice ½ Seedless Orange Peeled 2 t. Sugar or Honey

BLENDED FRUITS

Variety	Liquid	Other Ingredients
APPLE	2 T. Apple Juice or Water	½ Cup Unpeeled Diced Eating Apple
APRICOT	2 T. Orange Juice	½ Cup Pitted Apricots 2 t. Sugar or Honey
APRICOT AND APPLE	2 T. Apricot Juice	¼ Cup Soaked Dried Apricots ¼ Cup Sliced Peeled Apple 1 t. Sugar
AVOCADO	2 T. Pineapple Juice	½ Cup Pulp, Dash of Salt
BANANA	2 T. Pineapple Juice	1 Medium, Sliced Banana
BLUEBERRY	2 T. Water	½ Cup Blueberries
CANTALOUP	2 T. Orange Juice	½ Cup, Diced Cantaloup
CHERRY	2 T. Pineapple Juice	½ Cup Bing, Pitted Cherries
HONEY DEW	2 T. Pineapple Juice	½ Cup, Diced Honey Dew
ORANGE	None	½ Seedless, Peeled Orange
PEACH	2 T. Orange Juice	½ Cup Diced, Pitted Peaches
PEAR	2 T. Pineapple Juice	½ Cup Canned Pears
PLUM	2 T. Water	½ Cup, Pitted Plums 2 t. Sugar or Honey
PRUNE	1 t. Lemon Juice 3 t. Orange Juice	½ Cup Soaked, Pitted Dried Prunes

DIRECTIONS
Place all the ingredients in the glass container
Put cover on Container
Turn on WARING and run until completely blended, from 10 seconds to 2 minutes.
YIELD: 3 to 4 ounce servings
For the older child for whom the physician prescribes chopped foods, allow the WARING to run for only a few seconds or until the food is chopped rather than completely blended
Blueberries may be strained after blending if desired
t. = teaspoon T. = tablespoon
Use standard measuring cups and spoons.
Measure accurately

CHILDREN'S SOUPS

Variety	Liquid	Other Ingredients	DIRECTIONS
BEEF	¼ Cup Beef Broth	1 T. Diced Cooked Beef 2 T. Diced Raw Tomato 1 T. Cooked Brown Rice Spray Celery Leaves	*Place all the ingredients in the glass container.* *Put cover on Container.* *Turn on WARING and run until completely blended, from 30 seconds to 2 minutes.* *Cook over low heat for about 5 minutes* *YIELD: About 6 ounces.* *For the older child for whom the physician prescribes chopped foods, allow the WARING to run for only a few seconds or until the food is chopped rather than completely blended.* t = teaspoon T = tablespoon *Use standard measuring cups and spoons* *Measure accurately.*
CHICKEN	3 T. Evaporated Milk 3 T. Chicken Broth	¼ Cup Cooked Chicken Meat 1 t. Whole Wheat Cereal 1 t. Butter Spray Raw Celery Leaves	
FISH	3 T. Evaporated Milk 3 T. Chicken Broth	⅓ Cup Cod, Halibut or Haddock 1 t. Minute Tapioca 1 t. Butter Spray Parsley	
LIVER	3 T. Canned Tomato 3 T. Beef Broth	⅛ Cup Raw or Cooked Diced Liver 1 Slice Onion	
THRIFTY ANN	3 T. Evaporated Milk 3 T. Beef Broth	⅙ Cup Left-over Lamb or Beef 1 t. Whole Wheat Cereal 1 t. Butter Spray Raw Celery Leaves	
VEGETABLE	[illegible] Beef Broth	Few Slices Raw Carrot One Slice Raw Peeled Potato One Slice Raw Tomato 1 Slice Raw Onion 1 Spray Parsley 1 Spray Celery Leaves 1 T. Green Peas	

CHILDREN'S CREAM SOUPS

Variety	Milk	Vegetable	Other Ingredients
ASPARAGUS	½ Cup	¼ Cup Raw Sliced	1 t. Minute Tapioca 1 t. Butter
BEANS	½ Cup	½ Cup Raw Lima or Sliced String	1 t. Minute Tapioca 1 t. Butter
BROCCOLI	½ Cup	½ Cup Raw—Flowerlets	1 t. Minute Tapioca 1 t. Butter
CABBAGE	½ Cup	½ Cup Tightly Packed Shredded	1 t. Minute Tapioca 1 t. Butter
CARROT	½ Cup	¼ Cup Sliced Raw	1 t. Minute Tapioca 1 t. Butter
CAULIFLOWER	½ Cup	¼ Cup Raw Flowerlets	1 t. Minute Tapioca 1 t. Butter
CELERY	½ Cup	½ Cup Tightly Packed Leaves	1 t. Minute Tapioca 1 t. Butter
CORN	½ Cup	¼ Cup Cut Raw or Cooked	1 t. Minute Tapioca 1 t. Butter
PEA	½ Cup	½ Cup Raw	1 t. Minute Tapioca 1 t. Butter
POTATO	½ Cup	½ Cup Diced Cooked	1 t. Butter
SPINACH	½ Cup	1 Cup Tightly Packed Raw Leaves, or ½ Oz. Quick frozen	1 t. Minute Tapioca 1 t. Butter
SQUASH	½ Cup	¼ Cup Cooked	1 t. Butter
SWEET POTATO	½ Cup	½ Cup Cooked, Diced	1 t. Butter

DIRECTIONS

Place all ingredients in glass container. To any of these soups, before blending, you can add a few sprays of parsley or celery leaves, or a slice of onion. This will add both flavor and vitamins. Add salt if desired

Put cover on Container

Turn on WARING and run until contents are thoroughly blended, from 30 seconds to 3 minutes

Heat in double boiler or over direct heat, stirring occasionally.

YIELD: About 6 ounces

t — teaspoon
T — tablespoon

Use standard measuring cups and spoons.

Measure accurately.

NOTE: Quick frozen vegetables need not be defrosted before using

BLENDED VEGETABLES

Variety	Water	Amount of Vegetable	Cooking Time
ASPARAGUS	⅓ Cup	1 Cup Sliced	12 Minutes
BEANS, LIMA	⅓ Cup	¼ Cup Shelled	20 Minutes
BEANS, STRING	⅓ Cup	1 Cup Sliced	15 Minutes
BEETS	⅓ Cup	1 Cup Peeled, Sliced	15 Minutes
BEET GREENS	⅓ Cup	1 Cup Tightly Packed	10 Minutes
CABBAGE	⅓ Cup	2 Cups Shredded	5 Minutes
CARROTS	⅓ Cup	1 Cup Sliced	15 Minutes
CAULIFLOWER	⅓ Cup	1½ Cups Flowerlets	5 Minutes
CORN	¼ Cup	1 Cup Raw Kernels	6½ Minutes
KALE	⅓ Cup	1 Cup Tightly Packed Leaves	4 Minutes
PEAS	¼ Cup	1 Cup Shelled	10 Minutes
SPINACH	Moisture on Wet Leaves	1 Pound Leaves Only	3 Minutes
SWEET POTATO	⅓ Cup	1 Cup Peeled, Diced	15 Minutes
SWISS CHARD	⅓ Cup	1 Cup Tightly Packed Leaves	5 Minutes

DIRECTIONS

Cook vegetables in a covered pot over moderate heat in the amount of water called for in the table of directions. Cook as short a time as possible, only until tender. Drain off liquid. Measure and add, if necessary, more liquid to make ¼ cup.

Place liquid and cooked vegetables in the glass container. Add salt and butter if desired. Put cover on Container. Turn on WARING and run until the vegetable is completely blended, about 1 minute.

Vegetable usually stays warm enough to serve. If desired, it can be reheated in a double boiler or over low heat. In order to save the vitamins, stir as little as possible in reheating and do not bring to a boil.

YIELD: About 8 ounces.

For the older child for whom the physician prescribes chopped foods, run the WARING for only a few seconds or until the food is chopped rather than completely blended.

t — teaspoon
T — tablespoon

Use standard measuring cups and spoons. Measure accurately.

BLENDED MEAT AND VEGETABLES

Variety	Liquid	Ingredients	Amount
VEGETABLES with BEEF	½ Cup Tomato Juice	Beef, Raw, Diced	4 Ounces
		Potatoes, Diced	½ Cup
		String Beans, Sliced	¼ Cup
		Parsley	Few Sprays
		Celery Leaves	Few Sprays
		Onion	1 Slice
VEGETABLES with LAMB	½ Cup Tomato Juice	Lamb, Raw, Diced	4 Ounces
		Peas, Shelled	¼ Cup
		Carrots, Raw, Sliced	¼ Cup
		Parsley	Few Sprays
		Celery Leaves	Few Sprays
VEGETABLES with KIDNEY	¼ Cup Tomato Juice	Lamb Kidneys (2)	6 Ounces
		Carrots, Raw, Sliced	¼ Cup
		Potato, Raw, Sliced	¼ Cup
		Parsley	Few Sprays
		Onion	1 Slice
SPINACH and LIVER	¼ Cup Tomato Juice	Liver	4 Ounces
		Spinach, Lightly Packed	1 Cup
		Onion	1 Slice
		Parsley	Few Sprays
PEAS and CHICKEN	¼ Cup Milk	Chicken, Raw, Diced	4 Ounces
		Peas, Shelled	½ Cup
		Parsley	Few Sprays
		Celery Leaves	Few Sprays
MIXED VEGETABLES (Vegetarian)	¼ Cup Water	Beets, Raw, Sliced	¼ Cup
		Carrots, Raw, Sliced	¼ Cup
		Escarole	2 Leaves
		Sweet Potato, Raw, Sliced	¼ Cup
		Leeks, Sliced	2 T
MIXED GREENS	¼ Cup Water	Green Beans, Sliced	¼ Cup
		Chicory	3 Leaves
		Leeks, Sliced	2 T
		Potatoes, Sliced, Peeled	¼ Cup
		Parsley	Few Sprays

DIRECTIONS

Place all the ingredients in the glass Container.

Put cover on Container.

Turn on WARING and run until completely blended, from 1 to 3 minutes.

Cook in small covered saucepot over very low heat until meat is cooked. Stir occasionally. If desired, add salt and butter.

YIELD: About 6 ounces

For the older child for whom the physician prescribes chopped foods, allow the WARING, to run for only a few seconds or until the food is chopped rather than completely blended.

Blend all ingredients in WARING BLENDOR and cook in covered saucepot over low heat about 5 minutes without stirring.

YIELD: About 6 ounces

BLANC MANGES AND RICE PUDDINGS

Variety	Ingredients	
PRUNE BLANC MANGE	1½ Cups Hot Milk ½ Cup Soaked Dried Pitted Prunes Dash of Salt	¼ Cup Sugar 2 T. Corn Starch
APRICOT BLANC MANGE	1½ Cups Hot Milk ½ Cup Soaked Dried Apricots Dash of Salt	¼ Cup Sugar 2 T. Corn Starch
RAISIN BLANC MANGE	1½ Cups Hot Milk ½ Cup Soaked Dried Raisins Dash of Salt	¼ Cup Sugar 2 T. Corn Starch
PINEAPPLE BLANC MANGE	1½ Cups Hot Milk ½ Cup Crushed Pineapple with Juice Dash of Salt	¼ Cup Sugar 2 T. Corn Starch
PEACH BLANC MANGE	1½ Cups Hot Milk ½ Cup Drained Sliced Canned Peaches Dash of Salt	¼ Cup Sugar 2 T. Corn Starch
APPLE BLANC MANGE	1½ Cups Hot Milk 1 Cup Diced Unpeeled Raw Apple Dash of Salt	¼ Cup Sugar 2 T. Corn Starch
BANANA BLANC MANGE	½ Cups Hot Milk 1 Medium-sized Banana Dash of Salt	¼ Cup Sugar 2 T. Corn Starch
STRAWBERRY BLANC MANGE	1½ Cups Hot Milk 1 Cup Strawberries Dash of Salt	¼ Cup Sugar 2 T. Corn Starch
RAISIN RICE PUDDING	½ Cup Milk ½ Cup Cooked Rice	1 Egg 1 Cup Soaked Dried Raisins
PINEAPPLE RICE PUDDING	⅓ Cup Milk ½ Cup Cooked Rice	1 Egg ½ Cup Crushed Pineapple with Juice

GENERAL DIRECTIONS

FOR BLANC MANGES:

Place all the ingredients, except the sugar and corn starch, in the Container

Put cover on Container

Turn on WARING.

Remove cover of Container

Stir together the corn starch and sugar

Add corn starch and sugar gradually

Run until the contents are thoroughly blended, about 1 minute

Cook in a double boiler or over very low heat until the mixture thickens. Then cook an additional 5 minutes

Pour into four 4 oz. custard cups.

YIELD: 4 servings

t. = teaspoon T. = tablespoon

Use standard measuring cups and spoons and level measurements.

FOR RICE PUDDINGS

Place all the ingredients in the Container

Put cover on Container.

Turn on WARING.

Run until the contents are thoroughly blended, about 1 minute.

Pour into 3 greased 4 oz. custard cups. Bake or steam. (See directions for cooking custards on page 61.)

YIELD: 3 servings.

FRUITY CUSTARDS

Variety	Liquid	Other Ingredients
APPLE CUSTARD	¾ Cup Hot Milk	1 Egg 1 T. Karo Syrup or Honey ½ Cup Raw Diced Unpeeled Apples
PEACH CUSTARD	¾ Cup Hot Milk	1 Egg 1 T. Karo Syrup or Honey ⅓ Cup Drained Canned Peaches
STRAWBERRY CUSTARD	¾ Cup Hot Milk	1 Egg 1 T. Karo Syrup or Honey ½ Cup Strawberries 1 T. Sugar
BING CHERRY CUSTARD	¾ Cup Hot Milk	1 Egg 1 T. Karo Syrup or Honey ⅓ Cup Pitted Raw Bing Cherries
PUMPKIN CUSTARD	¾ Cup Hot Milk	1 Egg 1 T. Karo Syrup or Honey ½ Cup Cooked Pumpkin
COTTAGE CHEESE CUSTARD	¾ Cup Hot Milk	1 Egg 1 T. Karo Syrup or Honey ½ Cup Cottage Cheese
RAISIN CUSTARD	¾ Cup Hot Milk	1 Egg 1 T. Karo Syrup or Honey ⅓ Cup Soaked Dried Brown Raisins
APRICOT CUSTARD	¾ Cup Hot Milk	1 Egg 1 T. Karo Syrup or Honey ⅓ Cup Soaked Dried Apricots
PRUNE CUSTARD	¾ Cup Hot Milk	1 Egg 1 T. Karo Syrup or Honey ⅓ Cup Soaked Pitted Dried Prunes

GENERAL DIRECTIONS

Place all the ingredients, except the egg, in the Container.

Put cover on Container.

Turn on WARING.

Run until contents are thoroughly blended, about 1 minute.

Remove cover and add egg. Blend 3 seconds.

Pour into 3 greased 4-oz. custard cups.

Put in a pan of hot water.

Bake in a moderate oven, 325°F., for about 20 minutes.

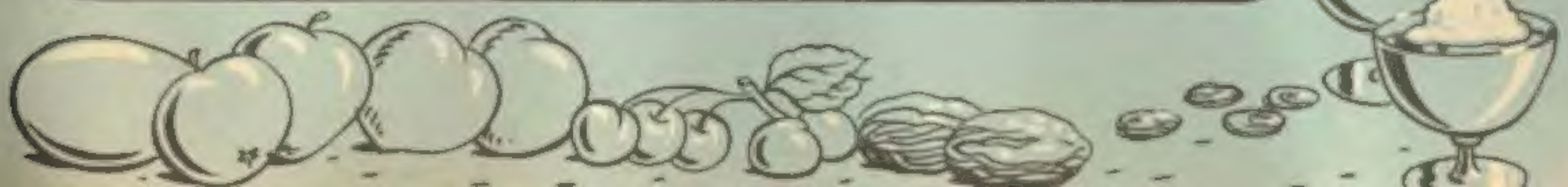
Or, place on a rack in a sauce pot with enough water to come one inch above the rack.

Cover tightly and cook for 15 to 20 minutes over very low heat, keeping the water below the boiling point.

YIELD: 3 servings.

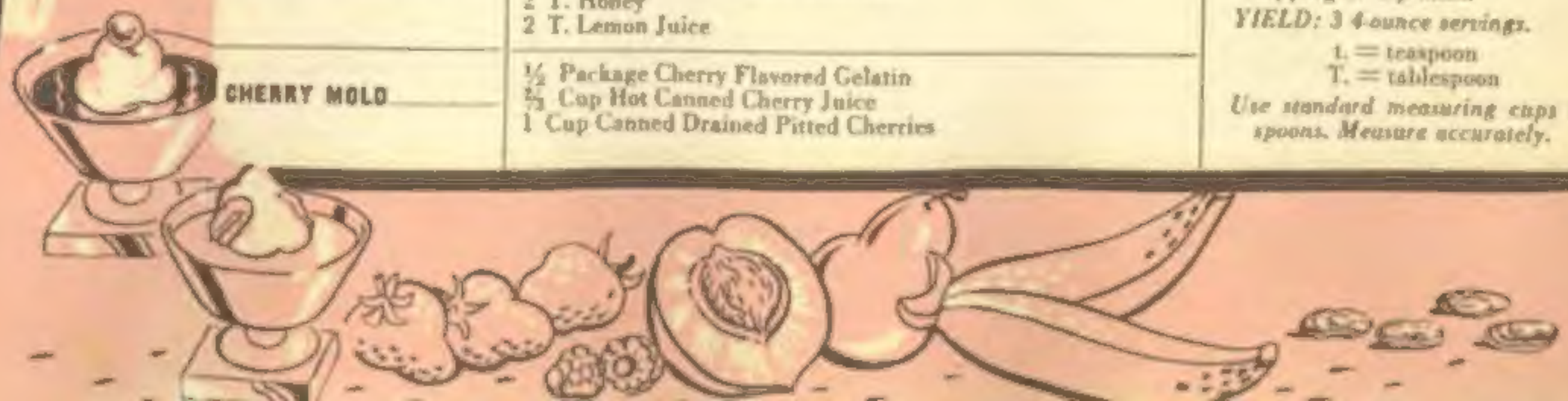
t. = teaspoon
T. = tablespoon

Use standard measuring cups and spoons and level measurements.



RENNET CUSTARDS AND GELATINS

Variety	Liquid	Other Ingredients	GENERAL DIRECTIONS
VANILLA RENNET CUSTARD	¾ Cup Milk	½ Package Vanilla Flavored Rennet ⅓ Cup Soaked Dried Raisins	*Heat milk to just lukewarm.* *Place with fruit in Container.* *Put cover on Container. Turn on WARING.* *Run until contents are thoroughly blended, about 1 minute.* *Turn off WARING. Remove cover.* *Add rennet powder. Replace cover.* *Run for 1 second.* *Pour immediately into three 4 oz. custard cups.* *Place in refrigerator and allow to chill.* *YIELD: 3 servings.*
MAPLE RENNET CUSTARD	¾ Cup Milk	½ Package Maple Flavored Rennet ⅓ Cup Dried Soaked Pitted Prunes	
RASPBERRY RENNET CUSTARD	¾ Cup Milk	½ Package Raspberry Flavored Rennet ⅓ Cup Raspberries or Strawberries	
LEMON RENNET CUSTARD	¾ Cup Milk	½ Package Lemon Flavored Rennet ⅓ Cup Soaked Dried Apricots	
ORANGE RENNET CUSTARD	¾ Cup Milk	½ Package Orange Flavored Rennet ⅓ Cup Crushed Canned Pineapple	
CHOCOLATE RENNET CUSTARD	¾ Cup Milk	½ Package Chocolate Flavored Rennet ⅓ Cup Sliced Bananas	
LEMON FRUIT MOLD		½ Package Lemon Flavored Gelatin ⅔ Cup Hot Canned Fruit Juice 2 t. Lemon Juice 1 Cup Canned Pineapple, Peach or Pear, Drained or 1 Medium Size Ripe Banana	*Dissolve gelatin in hot fruit juice. Allow to chill until stiff. Place in glass Container. Add other ingredients, chilled. Place cover on Container. Turn on WARING. Blend for just a few seconds. Pour into molds and chill until firm. Serve with a soft custard topping or top milk.* *YIELD: 3 4-ounce servings.* t. = teaspoon T. = tablespoon *Use standard measuring cups and spoons. Measure accurately.*
GRAPE PRUNE MOLD		½ Package Orange Flavored Gelatin ⅔ Cup Hot Grape Juice 1 Cup Soaked Pitted Dried Prunes 2 T. Honey 2 T. Lemon Juice	
CHERRY MOLD		½ Package Cherry Flavored Gelatin ⅔ Cup Hot Canned Cherry Juice 1 Cup Canned Drained Pitted Cherries	



CHILDREN'S ICE CREAMS

Variety	Ingredients	SPECIAL DIRECTIONS	GENERAL DIRECTIONS
WATERCRESS SHERBET	1½ Cups Pineapple Juice ½ Pkg. Lime Flavored Gelatin 1 T. Lemon Juice 1 Bunch Watercress (leaves only) ½ Cup Whipping Cream	*Dissolve gelatin in ½ cup of pineapple juice which has been heated.* *Cool.* *Blend 2 minutes.* *YIELD: About 1 Pint.*	*Place all ingredients, except cream, in Container.* *Put cover on Container. Turn on WARING.* *Run until contents are thoroughly blended, see special directions for blending time.* *Place in refrigerator tray.* *Freeze until mixture begins to stiffen.* *Whip cream, see p. 33.* *Add to frozen mixture and stir in lightly.* *Freeze (stirring once more) until stiff.* *Turn refrigerator to lower temperature setting if necessary.* *For additional ice cream recipes, see p. 45.* t. = teaspoon T. = tablespoon *Use standard measuring cups and spoons and level measurements.*
CARROT ICE CREAM	1 Cup Milk 1 Pkg. Vanilla Ice Cream Mix 1½ Cups Sliced Raw Young Carrots ⅛ t. Salt 1 T. Lemon Juice Few Drops Almond Extract ½ Cup Whipping Cream	*Blend 3 minutes.* *YIELD: About 1 Pint.*	
SPINACH ICE CREAM	1 Cup Milk 1 Pkg. Vanilla Ice Cream Mix 1 Pt. Tightly Packed Young Spinach Leaves ⅛ t. Salt 1 T. Lemon Juice ½ Cup Whipping Cream	*Blend 2 minutes.* *YIELD: About 1 Pint.*	
PUMPKIN ICE CREAM	½ Cup Evaporated Milk 1 Cup Cooked Pumpkin 4 T. Honey ¼ t. Cinnamon ¼ t. Ginger ⅛ t. Salt ½ Cup Whipping Cream	*Blend 30 seconds.* *YIELD: About 1 Pint.*	

Waring
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